



Module Two: Take Part in the Worldwide Celebration

On October 28, a local group in Tomales will gather at Ramagiri Ashram with Christine Easwaran to share readings, watch a video, and meditate together. We invite you to set aside time for your own celebration – whether that be a special dedication of your morning meditation, taking a day for a personal retreat, or organizing an event with friends. You could do it on October 28, or find another day and time that works better for you.

How would you like to take part in the worldwide celebration of Easwaran's life and teachings? Create a plan!

Here are some possible activities you could do.

- Study the passage "[Life of My Life](#)", asking yourself which lines are particularly meaningful to you, and which qualities you might gain by meditating on it. Then you could memorize it, and use it in your meditation.
- Meditate for 30 minutes. The local group in Tomales will be meditating together at 1 p.m. Pacific Time. If you can, join us in spirit by meditating at the same time wherever you are.
- Watch the Life Celebration video, a special Easwaran video created for the event. The video will be available on the BMCM website on Wednesday, October 25 – it's a great resource for your own celebration!
- Write the mantram for peace and well-being in the world, or for a person or situation you're concerned about.
- Read and study another article from the Blue Mountain Journal, such as "[The Outer Teacher and the Teacher Within](#)".
- Take a silent walk, repeating your mantram.
- Have a meal with others.