

2018 Life Celebration Curriculum

Module Three: Prepare Inwardly for Easwaran's Life Celebration and Create a Plan to Join In.

1. This week, we invite you to join Ramagiri Ashram as we prepare ourselves inwardly for Easwaran's life celebration on October 27. Here are some possible ways you could prepare:
 - Between 5:00–7:00 a.m. and 5:00–7:00 p.m. there are Ramagiri residents in Shanti, going through their passages silently in their minds. Regardless of what time you are meditating, when you are concentrating on your passages, you too can feel a connection.
 - Visit the Easwaran Digital Library to access a collection of video talks. Watch a whole 30-minute talk as the community does at Ramagiri, or watch for just a few minutes – it's always wonderful inspiration!
 - Take a walk, silently repeating your mantram, as Easwaran and Christine did every day, and as Christine continues to do daily.
 - Read on in the Blue Mountain Journal, "Do You Know Who You Really Are?"
 - Dip into 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.
2. On Saturday, October 27, 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 passage meditator friends. You could do it on October 27, 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.

- Try out any of the activities in Weeks One and Two that you haven't tried already.



- 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.
 - * You could also plan to join a virtual meditation being hosted by volunteers from the Young Adult eSatsang at 1 p.m. on October 27, shared via the BMC M Living & Learning Facebook Group. To find out more, join the [Facebook Group](#) and see the Life Celebration Event.
- The YA eSatsang is also hosting a reading study at 12:00 p.m. on October 27, based on the article from Week One.
- Watch the Life Celebration video, a special Easwaran video created for the event. The video will be available on the BMC M website on October 22– 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.
- Take a silent walk, repeating your mantram.
- Have a meal with others.
- Plan on taking a photo and sending it in! We’d love to share some photos afterwards of all the groups all over the world taking part in this event. You can post your photo in the [Facebook Group](#) or send it to us at satsang@easwaran.org.

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.

