

2018 Life Celebration Curriculum

Module Four: Celebrate and Share!

Choose one or more of these suggestions in this week of celebration, honoring Easwaran's life and teachings.

1. Watch the Easwaran video that will be played in Shanti, the meditation hall at Ramagiri Ashram, on October 27. Try to watch with as much concentration as possible, and find Easwaran's personal message for you. We'll post this video [here](#) a week before.
2. You could also join a virtual meditation being hosted by volunteers from the Young Adult eSatsang at 1 p.m. on October 27, shared via the BMCM Living & Learning Facebook Group. To find out more, join the [Facebook Group](#) and see the Life Celebration Event.
3. The YA eSatsang is also hosting a reading study at 12:00 p.m. on October 27, based on the article from Week One.
4. Reflect on this theme, the process of your study, your experiment, or on joining together in spirit with the worldwide community. How has it helped you? What did you discover?
5. Share with others how you participated in Easwaran's Life Celebration – we'd love to hear from you! Tell us what you did, what your experience was like, and share a photo. It could be of yourself or your group, a page of mantrams you wrote, or your meditation spot where you meditated. Please share your photos in the [Facebook Group](#)!
6. Create worldwide satsang by reading comments, replying, and adding your own.
7. Reflect on how you could integrate something you learned or experienced into the next month. Feel free to share on the Event or in the BMCM Living & Learning Group in future weeks as you work on your practice.

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.

