

2019 Life Celebration Curriculum

Week 4

Module Four: Life Celebration – Celebrate and Share!

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

1. Watch the Life Celebration video that will be played in Shanti, the meditation hall at Ramagiri Ashram, on October 26 (available after October 23). Try to watch with as much concentration as possible and find Easwaran’s personal message for you.
2. Reflect on our Life Celebration theme, on the process of your study, on your experiment, or on joining together in spirit with the worldwide community. How have these helped you? What did you discover?
3. Take a photo of your celebration activities and send it in to share with Christine! Send your photo to programs.team@easwaran.org.
4. Share with others how you participated in Easwaran’s Life Celebration on the BMC M eSatsang here. People of all ages will be interested.
5. Reflect on how you could integrate something you learned or experienced into the next month.
6. Remember 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.

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:



- Watch a few minutes of a video talk from the Easwaran Digital Library every day. If you are not yet a member of the Easwaran Digital Library visit www.bmcm.org/join-edl to sign up.
- Read the book *With My Love and Blessings*, which is full of beautiful photos and readings from Easwaran documenting his teaching years from 1966–1999. This is a wonderful resource to turn to regularly.

