Reflection Questions for Easwaran's Life Celebration

Rededicating ourselves to our passage meditation practice and our Teacher

1.	Think back on the last year, particularly on the benefits you have received
	from your practice of passage meditation. Write down your observations.

2. If you participated in last year's Life Celebration Satsang, did you write a letter of rededication to Easwaran? If so, review that letter if you have it, or remember what you wrote. Reflect on the successes you had in the area you chose to focus on, in order to rededicate yourself to him and your practice.

3. Survey your life as it stands right now – your relationships in the family, at work or school, and in your community. Think of one small way you could decrease a sense of separateness and increase harmony in the upcoming year. Write down a specific step you could take.

(over)

4.	Think about your daily or weekly schedule. Think of one small way you
	could tweak that schedule to put meditation first in the upcoming year.
	Write it down in specific terms.

5. Choose a passage from *God Makes the Rivers to Flow* that speaks to you about the relationship you want to cultivate with Easwaran. Copy that passage.

A Letter of Rededication:

After reflecting on the questions above, you may want to write a letter of rededication to Easwaran, in which you express your gratitude to him as your Teacher and also a specific small way in which you are rededicating yourself to him in the upcoming year. Put this letter in an envelope and keep it on your altar to be reviewed next year at the time of Easwaran's Life Celebration.



1 800 475 2369 | bmcm.org