

Satsang Full Day Schedule

- 9:00 a.m. Arrive, get settled, greet one another
- 9:30 15 minutes of mantram writing
- 9:45 30 minutes of **reading study A** from one of Easwaran's books
- 10:15 15 minutes of **video #1**
- 10:30 Break
- 10:45 30 minutes for a mantram walk (mantram art or writing optional)
- 11:15 30 minutes of **reading study B**
- 11:45 15 minutes for the second half of **video #1**
- 12:00 p.m. Meditation
- 12:30 Lunch and clean-up
- 1:45 30 minutes for a mantram walk (mantram art or writing optional)
- 2:15 20 minutes to **study a passage** together – read it aloud, then find qualities you would gain if you “become what you meditate on”.
- 2:35 25 minutes to work on memorizing passages
- 3:00 15 minutes of mantram writing
- 3:15 Break
- 3:30 30 minutes of **video #2**
- 4:00 Meditation
- 4:30 Program ends

Activities

1. **Reading study**:** Choose a book, like *The Bhagavad Gita for Daily Living*, Volume 1 or 2, or *Love Never Faileth*. Choose two readings (3 to 5 paragraphs long) that you find particularly helpful and practical.
2. Choose two videos. *Note: You can use the Video Study Guides a starting point for the reading and video studies.*
3. Figure out a mantram walk about 20–25 minutes long.
4. Tell participants to bring the chosen book for the study, *God Makes the Rivers to Flow*, a mantram book and pen, and walking shoes. Ask them to bring a bag lunch or potluck dish if you're having lunch.

****How to conduct a reading study**

Read through the entire selection out loud, inviting each person to read one paragraph at a time. Next, ask for someone to summarize the reading. Lastly, ask people to point out sections of the reading that give practical help.

Discuss.