

A Daily Rhythm



Christine Easwaran

IN OUR recent articles, Sri Easwaran has dealt with detachment and with discrimination. In this issue, he takes up the topic of determination. He called these the three *D*s: traits we need to develop if we are to live in freedom and not be tossed about by life. Here he tells us that in order to train the mind and develop determination we need regularity in meditation.

Whether we live in a community, with family or friends, or alone, a daily pattern for meditation can be a unifying force. I like to think that in subtle ways, in the depths of our being, we can experience some alignment with the larger patterns of the universe (the seasons, the daily rotation of the earth) and gain strength from identifying with this greater dimension.

At Ramagiri Ashram we follow a daily pattern based on checkpoints, or "Touchstones," for evaluating our course and keeping us on track during the day. These are:

- * Morning Meditation
- * Evening Meditation
- * Sacrament of the Evening Meal
- * Message from Our Teacher

The last two Touchstones may need an explanation. Easwaran saw the value of spiritual fellowship during the day. Sharing stories, whether serious or lighthearted, at mealtimes can con-

tribute to a balanced life and create a valuable bonding experience.

At the end of the day, we look forward to a video talk by Easwaran (Message from Our Teacher) for inspiration and for focusing our scattered minds on the purpose of our lives. As we watch thirty-minute segments from his talks, we have the precious opportunity to relive his presence with us and obtain what may be called *darshan* (blessing) from hearing his voice and witnessing his image and gestures. Many of our friends use these published talks at the end of the day just as we do at Ramagiri Ashram.

Writing the mantram together is not one of our Touchstones, but it is on our program every Sunday afternoon at three o'clock. Recently, one of the participants at a retreat suggested that, after the program ended, they could join us in this activity from their homes. This seems to be the most convenient time across the Americas for participating simultaneously in any activity of the Center, whether you are

in Hawaii or Brazil. But no matter where you are, or what time it is, your mantrams are encouraged.

The mission of Ramagiri Ashram is to demonstrate the validity of the timeless teachings of our Teacher by living out in daily practice his eight-point program of passage meditation – an awesome assignment we diligently work on. But this is not just the responsibility of the residents at our headquarters. All of us who are earnestly practicing passage meditation, no matter where we are, are part of Easwaran's growing spiritual network.

We at Ramagiri Ashram would like to take this opportunity to acknowledge the strong support of friends all around the world who help us in so many different ways.

May our Teacher's blessings be with you!

For the Board of Trustees

Though one sits in meditation in a
Particular place, the Self within can
Exercise its influence far away.
Though still, it moves everything everywhere.

– KATHA UPANISHAD

Life is not a blind area where blind forces are at work. Just as there are physical laws that govern the universe, there are equally operative spiritual laws which derive from the unity of life. When we act in harmony with this unity, the very nature of the universe supports us. We may feel insignificant, but we have the invisible but inexorable support of cosmic forces behind us.

– EKNATH EASWARAN