

FOR IMMEDIATE RELEASE

Mount Soma Monks Do Social Media

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With a completion date of May 15, Mount Soma Ashram students (monks) and residents have been conducting a social media campaign to raise awareness of the vision of Mount Soma; the visionary and developer, Michael Mamas; and Sri Somesvara Temple. Ironically, when many of these people moved to the Blue Ridge Mountains of North Carolina, they thought they were leaving the social and technological world behind. Ashram students commit to at least six months of meditation, service to a higher cause, deep introspection, and renunciation of distractions such as television and modern music. Little did they know that an integral part of their program would be reconnecting with the life they left behind!

Not a surprise, the social media push was met with resistance:

"I don't do Social Media."

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"I am getting repeated requests from you for me to do something with you on LinkedIn. I do not do social media."

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"I can't believe the stuff my friends post on Facebook. It is either politics or parts of society I don't want to be involved with."

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"I'm not social and don't have many friends anyway, so my participation shouldn't make a difference."

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"I moved to the mountains to leave everything behind and now it is coming back!"

For these students, social media became an exercise in will. However, many also realized the need to break down any barriers between Mount Soma and the outside world. The prime motivator to persevere was their dedication to the vision of Mount Soma: to help raise the consciousness of humanity and bring peace and harmony to the world. It was soon clear that social media was part of making that happen. Says Michael Mamas, "It's all about people." As a result, the monks at Mount Soma are now officially announcing new ways to connect with Mount Soma, Michael Mamas, and Sri Somesvara Temple!

Connect with Mount Soma:



Connect with Michael Mamas:



Connect with Sri Somesvara Temple:



[Mount Soma](#) is a community founded on ancient knowledge and the fundamental principles of nature. It has become a spiritual destination center that attracts thousands of visitors every year. Many of them travel to see [Sri Somesvara](#), a Vedic temple, built with 46 tons of hand-carved granite. Founded by [Michael Mamas](#) (Michaelji) in 2002, Mount Soma hosts daily group meditation, meditation retreats, and spiritual evolution classes. Every aspect of Mount Soma has been designed to promote people's spiritual evolution, health, and full potential, and an Ashram Program is offered for fully committed individuals. Mount Soma will serve as an example of how to create a healthy society, an enlightened city that brings the full spectrum of life to fulfillment.

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