

SPOTLIGHT ON ECK FAMILIES

Building Family Harmony

By FARZIN MAZINANI and ZIBA FARID SHAMSABAD, Ontario, Canada

When our son was three years old, we used to read his youth discourse to him, then do a short HU chant as a family before he went to bed. When he got a little older, we started to take turns leading a short spiritual exercise each night. We would imagine the Mahanta and one of the other ECK Masters knocking on our door, and we would go open the door and invite them into our house to do the HU chant with us.

These experiences were so special and created a strong spiritual foundation for our family.

As time went on we adjusted the schedule and the spiritual exercises to suit the changing needs of our family.

Sometimes we would create our own family spiritual exercises based on the questions and concerns we had at that time. We would invite the Master to work with us and help us each learn whatever spiritual lesson we needed. This kind of exercise not only helped us solve our problems as individuals but also resolved some family issues

and brought more harmony.

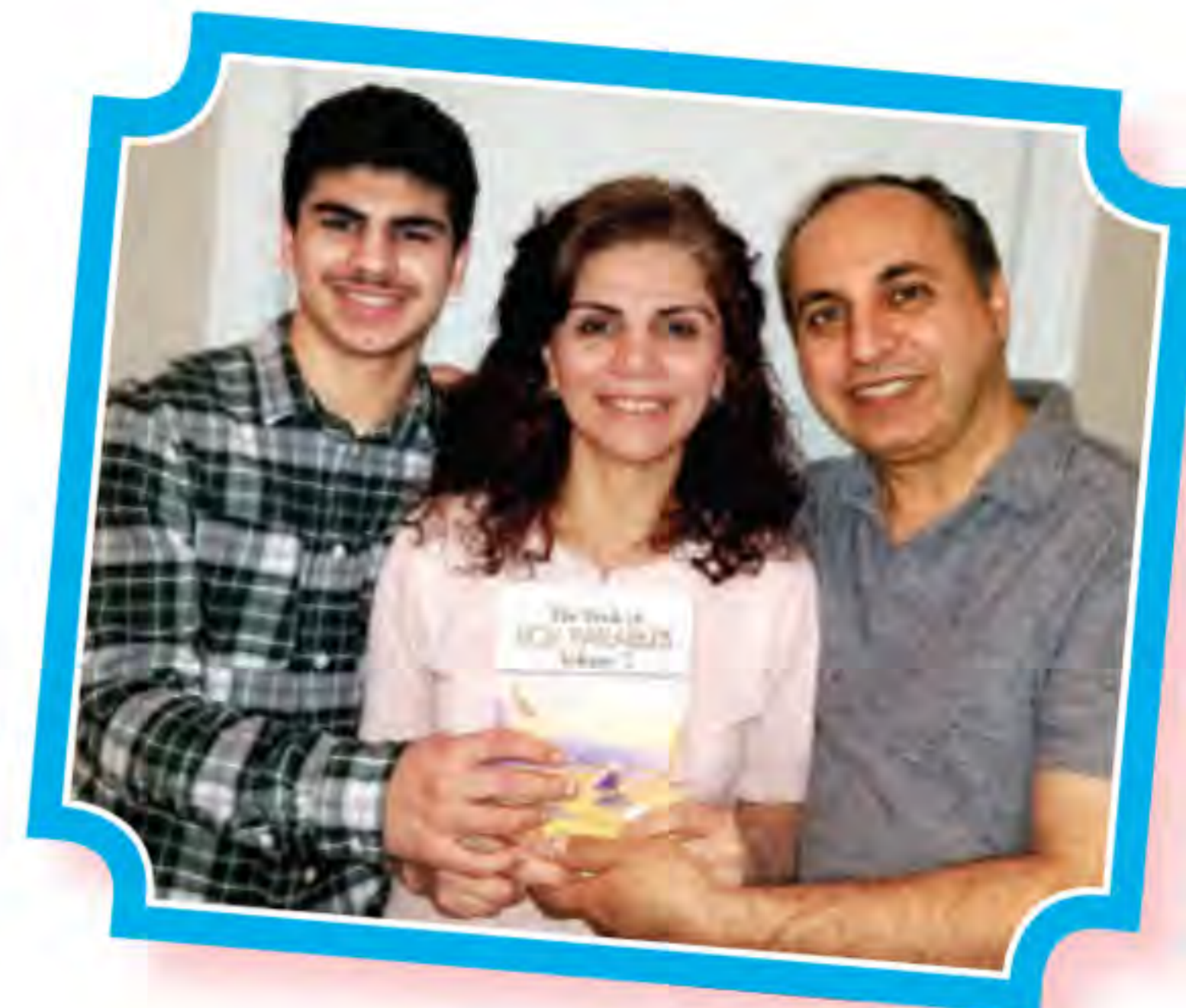
Now that our son is a teenager, we've been having a family book discussion for the past two years, based on the ECK Parables series.

Every night before bed, we take turns reading a story and asking each other, "What's the wisdom of this story for you?" We each summarize the spiritual insights and lessons we received from that story.

We learn so much together!

Doing family HU chants and spiritual exercises together over the years has helped us have more harmony, love, and gratitude in our lives. Whenever we miss doing them, we notice a change in our attitudes and the balance of the family.

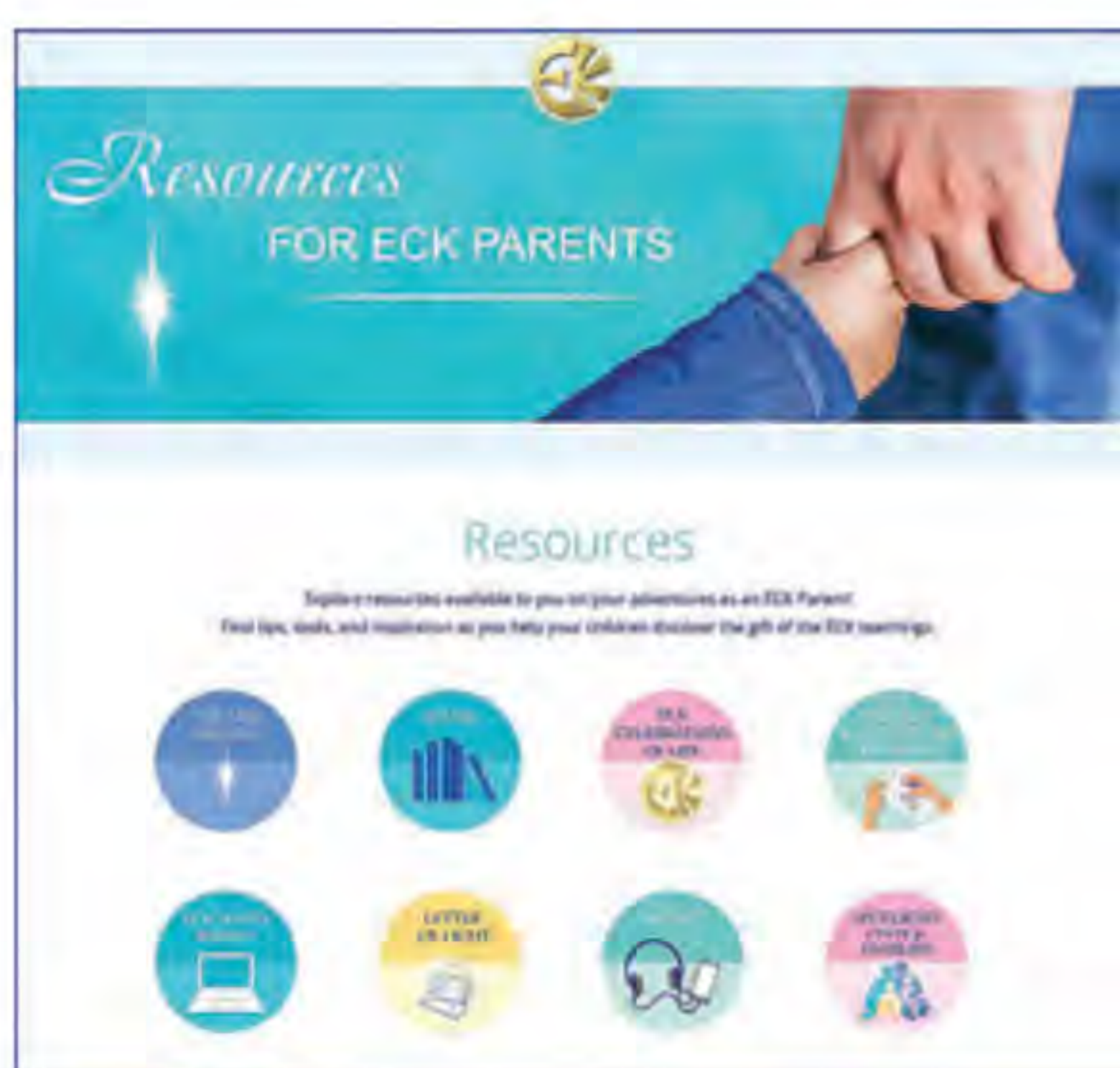
This short time of daily family spiritual activity really bonds us together with divine love and helps each of us grow spiritually.



**DOING FAMILY
HU CHANTS AND
SPIRITUAL EXERCISES
TOGETHER BROUGHT
HARMONY, GRATITUDE,
AND LOVE!**

*H*armony in a family is a sacred thing.

—Sri Harold Klemp, *A Modern Prophet
Answers Your Key Questions about Life,*
Book 1, p. 118



NEW ONLINE PARENT Resources!

An exciting new online resource will soon be available for ECK parents around the world!

As of **January 1, 2019**, you'll be able to visit www.ECKparents.org to explore the many wonderful resources available to help us raise our children on this amazing path! You'll **find inspiration** and **tips** on how to help your children and teens engage with the ECK teachings. The site will also feature a **special "Ask the Master"** section where you can read Sri Harold's com-

passionate answers to some of our toughest parenting questions. And you'll be able to submit your own questions about raising your children in ECK.

New features will continue **to be added** to the site throughout 2019, so be sure to check back regularly. You can look forward to articles by Sri Harold, video clips of the Master's talks, inspiring stories from other ECK parents, spiritual exercises to try with your children, and more!

Marianne Kenyon

Excerpt from the December 2018 *Mystic World*

December 2018