

SPOTLIGHT ON ECK FAMILIES

Best Foot Forward

By HEATHER DAVARI

From the beginning, I would always sing *HU* when I nursed my infant daughter. Before she could even speak, she would sometimes hum along with me. When putting her down to sleep, my husband and I incorporate some basic ECK keys into the bedtime routine:

We sing a short song, then, after singing *HU* three to five times, we invite the Mahanta into our dreams with love and joy. And we accept all the love and protection of the Vairagi ECK Masters.

My husband and I feel this is a gentle and simple way to introduce *HU* and the Dream Master to our daughter.

For me, becoming a parent raised the stakes spiritually, and my best and worst attributes



have been amplified. When I need love, I turn to the Mahanta, the *HU*, and the spiritual exercises, which never fail me.

For example, just understanding karma puts me ahead of the game. Once when the stress of parenting awakened some karma, causing anger in my relationship with my daughter, I turned to the Mahanta and my dreams for help. Sure enough, I was shown how a past life had triggered the reaction. The dream allowed me to understand and release the karma and restore peace between me and my toddler.

I know the ECK will always help me put my best foot forward.



Sri Harold Answers!

How to Say Yes to ECK

Q: *I want to be able to listen to Thy Will and be in harmony with ECK, myself, and my child.*

As a parent, how can I know the difference between my will, my child's will, and Thy Will?

How can I be clearly focused on Thy Will while making decisions, especially when my child and I have different opinions or when it comes to having some rules at home?

What should I do as a parent, Mahanta, in such situations? How to say YES to ECK?

—Periya Nayaki Deivasahayam,
Chennai, India

A: Raising a family is truly a testing ground for parents. They want to do what's right for everyone in the family, including themselves. Where to start?

When my wife and I raised our daughter, it was with the understanding that she was indeed Soul, but she also had to learn the ways of people around her. We expected some behaviors from her we would not insist upon today, if we had to do it all over again.

We did our best. We tried to balance her rights and ours, in keeping with divine will as we understood it then.

Such an ideal balance, of course, kept shifting as all three of us were individually meeting the events of the day. A hard day at work might leave my wife and me testy, short on patience. Our daughter might also return from school upset by a teacher or a classmate. But we'd listen to each other in the shelter of our home.

You asked, how to say yes to ECK?

Every family has rules that teach children how to get along at home and away. I treated our daughter like a companion, but when she broke a family rule, my voice took on a sharp edge. She knew she'd better toe the line.

As a family, we closed the day by reading her ECK discourses with her and singing *HU*. They unite.

Harold

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SHARE YOUR ECK FAMILY
STORIES AND QUESTIONS.
MW@ECKANKAR.ORG

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