

SPOTLIGHT ON ECK FAMILIES



Giving the Gift of Service

By PIER MERCER, Plantation, Florida

I raised all four of my children in ECKANKAR. It was a joy to teach them about the HU and read all the youth discourses with them.

One of the ECK principles I most wanted to teach them was the importance of giving service. Since they were all musically inclined, I created a group called Music Kids. We would all declare ourselves channels for the ECK, do a HU chant, then go to a

nursing home, children's home, or hospital to entertain the residents.

I would be the MC and introduce each child. Then the children would perform. We returned many times, so some of the residents got to watch my children grow up.

One day, the manager of one nursing home we frequented came out and said, "You make my whole nursing home happy—even the staff and the doctors!"

The children could see the difference their love made. And years later, those volunteer hours even helped my children get into the best college in Florida. Today, they are truly grateful they were raised with the experience of giving service to others.

HOW IS YOUR FAMILY
SHARING GIFTS OF LOVE IN
THE YEAR OF GIVING?
SEND YOUR STORY TO
MW@ECKANKAR.ORG.

Raouf Haghighi

Sri Harold Answers!

Balancing Use of Technology

Q: What is the best way to help my children balance their use of technology? And to avoid having to struggle every time I bring the subject up? I am sure many parents have the same question, because kids can be so addicted to electronic devices. I do have limits for my kids, but they don't really understand the danger.

Also, what is the best way to teach our children how to look for inner signs to find answers when they have problems in life? They don't like to listen to me because I am their mom; and my husband is not an ECKist. I struggle with trying to teach them the spiritual principles without them feeling like I am preaching.

—Jasmine Yim, Honolulu, Hawaii

A: Dear Jasmine,

You have two questions. First, let's tackle the one about your children's reluctance to balance their use of technology.

Today is a new age. Once,

there was the transistor revolution; now, the micro-chip. I'm sure if we'd have had such devices in our youth, we'd have been on them all the time too.

The great danger here is that an electronic marvel like a smartphone—or whatever comes along tomorrow—will shift the creativity of the ECK youth from the Inner Master to an outer gadget. That's a losing trade.

So remind them to keep in touch with the Mahanta by doing their spiritual exercises!

Now let's consider your second question: What is the best way to help your children spot the subtle signs that could aid them in resolving their issues?

When you receive a subtle sign that helps you meet a problem, pass it along to them. That is an ideal way to teach a highly useful spiritual talent that will outlast the latest electronic device.

Sri Harold



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