

# SPOTLIGHT ON ECK FAMILIES



## A Gift Passed Down through Generations

By SABRINA SOUTO, Alberta, Canada

From a young age, I was fortunate to have the HU passed down to me in my family. My grandfather, stepfather, and mother were all ECK-ists. But it was my mom who was really committed to teaching us the principles of ECK. She brought us to seminars and did family HU songs with us. And I saw her write in her dream journal every day and do her daily contemplations. This is where I really learned. I can now look back and see how the love and impact of the ECK teachings transformed my life.

Now I have a son who loves to explore the HU too. I never pressure him, and I try to make the experience fun. We sing HU in the car, and he enjoys matching my tone. He says it sounds like hundreds of people are singing with us when we are in sync. I've also explained to him about the love, guidance, and protection the HU can provide, especially when we are scared.



One night, when my son was about four, I saw an example of the HU in action!

He woke up from a nightmare, as he often did back then. He was in our bed that night, and I admit that a sort of dread passed over me, because I knew it might turn into a sleepless night. To my surprise, we received a gift of love instead.

My son sat straight up, half awake, and began to sing HU. Then, just like that, he fell back asleep for the rest of the night.

"Did that really just happen?" I asked my husband. Indeed it had. This ancient love song to God, passed down through generations, gave my son a tool to reach for to receive love and protection. It gave us all a good night's sleep, but most of all it left me smiling with gratitude for this miracle of love.



Sabrina Souto



## Sri Harold Answers!

### Relieving Fear of Loss

*Q: I have an only daughter who is seven, and I always have a fear about her allergy problem. If she's not well, I become miserable and feel lost.*

*How do I overcome this fear, Master? I love her so much I can't take it if she's not well. It's too much attachment to her, but she's our only child in fifteen years of marriage.*

*Master, guide me on how to raise her as a good human being.*

—Anitiva

*A: Dear Anitiva,*

It's quite understandable that you'd worry about your daughter since she's your only child.

So how do you rise above this fear of losing her?

In contemplation, first thank the Master for bringing your family together so that a strong spiritual bond can reawaken among you. You've been together many times before. Then look for ways to raise her as an outstanding citizen. It may be in selecting good schools for her or showing her how to serve the less fortunate.

The idea is to put your attention upon helping others, rather than fixing attention upon your fears. Pouring out love to others will greatly relieve the fears.

*Harold*