



# SPOTLIGHT ON ECK FAMILIES



## The Aquarium ECK Discovery

By AWTAR SINGH SARBAN SINGH, Malaysia

**M**y youngest granddaughter had a school assignment to create a homemade aquarium and submit photos of it to the teacher online.

She bought a large plastic bottle, tubes, small stones, and an aquarium pump. Then she placed the empty bottle on its side and cut a rectangular hole in the top side. That took her a few days. After some tests, she filled the bottle and placed the small stones and some little fish inside.

Last, she tried to connect the pump tube to her aquarium so air could flow. But the connecting point and tube were the same size. No matter how hard she tried, she could not attach the tube.

It was the last day for submission, and she was stressed and tense. She came to me for help.

I tried it unsuccessfully. So I suggested she call a classmate and find out how they did it. Or go to the shop and ask someone there to connect the tube.

Angrily, she replied, "You always said, 'Whenever you intend to do something, never give up. Do

it until you succeed.'" I explained, "Yes, you are right. But you also must use common sense."

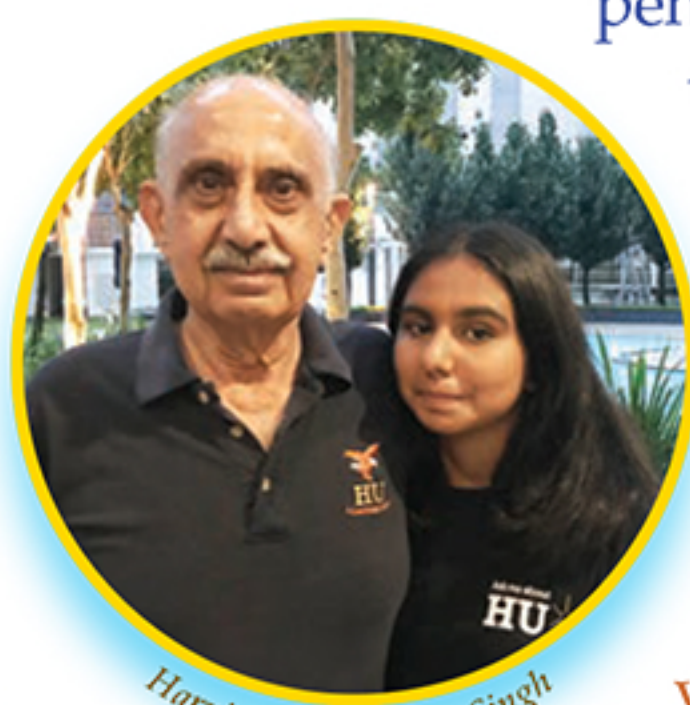
Then I told her to relax and chant *HU*. But she was almost crying and tried to connect the tube again. So I sat back, contemplated, and chanted *HU*.

Afterward, I suggested a new idea that had come to me. I put the tube onto the tip of my ballpoint pen while she heated it with a lighter. The tube softened a bit, and before it could cool down, we quickly pushed it onto the aquarium connector. It worked! The joy and happiness on my granddaughter's face was beyond description.

Later, I told her, "When faced with a situation, just relax and chant *HU*. When you are stressed and tense, you block the flow. When you relax, the ECK will flow."

This was a learning opportunity for her and for me too. The MAHANTA has given us a lot of tools to face situations. We must use them. Try one, and if it does not work, move on and try another.

Thank you, Wah Z, for this golden experience!



Harinderjeet Awtar Singh



### Sri Harold Shares!

#### HELP YOUR CHILD PARTICIPATE IN THEIR OWN SPIRITUAL EDUCATION

Sri Harold tells a story about reading the ECK youth discourses to his daughter when she was very young—just on the cusp of learning her letters.

As Harold read the discourses aloud, he would point to the word *ECK* whenever it appeared on the page. His daughter learned to identify the word.

Now it was time for the next step.

He told her, "As I'm reading, whenever you see the word, it's your job to say, 'ECK.'" And so they "read" together.

New words would be pointed out, and over time she was able to discover more of the ECK teachings for herself.

As a parent you will find your own special ways to help your child participate in their own spiritual education. Expect to learn as much as you teach! It's the secret way of ECK.

How do you share the ECK teachings with your children?

Your experiences may help or inspire other ECK parents!

Send your story to ECKParents @Eckankar.org.

