

SPOTLIGHT ON ECK FAMILIES

Sri Harold Answers!

A KINDER, GENTLER YOU

Q: *How can I be more patient with my three children? Often I get upset and lose patience. I feel bad about it, but even so, I don't find the strength to change my attitude. It affects everybody around me—my children, my husband, and other family members.*



I really want to change. How can I start?

—Willing to Change

A: Dear Willing to Change,

You, of course, recognize that this is not a perfect world, so we've come here to rise above such spiritual defects. That is good. Earth provides the perfect environment for us to grow in wisdom and understanding.

So how to take control of your attitude?

When a family member or a situation upsets you, recognize it as an irritant that can be transformed into something positive.

Begin to sing inside yourself, "I love you."

Keep singing it. Step into another room while doing so, if it's safe to leave your children alone for a few minutes. When you sing, "I love you," include others in your goodwill, like the MAHANTA, your spouse, friends, or close relatives.

Don't expect a miracle the first few times you try this, but the awakening of a new attitude is going on inside you.

You don't have to be cheerful all the time, but at least try to be civil.

Please know that I am always with you and love you with all my heart. You have what it takes to become a kinder, gentler you.

Harold

Begin to sing inside yourself, "I love you."

Tips from ECK Parents!

Ways to bring the ECK teachings to life for your children:

- Share and explore your dreams together in the morning.
- Read and discuss ECK stories and the *Letter of Light* together as a family.
- Invite your child to write letters to or draw pictures for the Master.
- Explore the God Worlds chart with your children.
- Write ECK lullabies set to your own or popular tunes, and sing them to your children.
- Invite your child to ask for inner guidance when they are faced with daily challenges.

AdventuresinECKParenting.org or ECKparents.org

MY HEART IS FULL OF LOVE AND JOY!

By PERIYA NAYAKI DEIVASAHAYAM, India

It is a true gift to grow along with our children in ECK. I have learned so much from my daughter about how to contemplate, be creative with my spiritual exercises, and enjoy my dreams.

Another gift is *Adventures in ECK Parenting* (ECKparents.org), which I visit often because I love the Master's answers to questions from parents and the articles portraying the adventures of other ECK parents.

Once, I sent a question to the Master and received an answer from him! It was the most generous gift for me. My daughter and I, together, held on to the Master's words as our lifeline to ECK. And it changed our lives inside and out.



Kajal Vazirji Thevarasu

Then, when my daughter was invited to participate in the 2020 ECK Soul Adventure seminar, it was a literal blessing of reassurance from the MAHANTA for me on my journey of ECK parenting.

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