

# SPOTLIGHT ON ECK FAMILIES



## Sri Harold Answers!



### PARENTING WITH LESS FEAR

*Q: How do I parent with less fear, especially through the teenage years? My own decisions and mistakes loom over me, and I want to protect my daughter from making those same misguided choices.*

*I do realize she is on her own unique Soul path and will have to experience life her way—growing pains and all. To combat my fear, I am intentionally making space for us to end our day together with bonding time and spiritual exercises. Do you have any specific tips or favorite exercises?*

—Nicole C., USA

*To end the day with bonding time and spiritual exercises is a very fine practice.*

*A:* Dear Nicole,

Many parents bite their nails when their children reach their teens. I, too, slipped into trouble now and then, even though my intentions were good. Today's youth need to learn from their mistakes, even as adults do.

Making time for you and your daughter to end the day with bonding time and spiritual exercises is a very fine practice. Stay with it.

Sing *HU* together at bedtime. You may ask the MAHANTA to help with your health, uplift you spiritually, help you see a situation more clearly, and other things. Your requests will be made with the understanding that "Not my will, but Thine be done." These sessions may last five to fifteen minutes or so.

### SERVING THE ECK AS A PARENT



*You have a chance to be an Arahata.*

Crazy Brouhard

*Q: How can I best serve life now that I'm a parent? Parents can't always serve in ECKANKAR the same way they did before having kids. It's an adjustment to find new ways to serve with their children in the ECK community and world.*

—Wanting to Serve

*A:* Dear Wanting to Serve,

It really does require an adjustment to enter the wild and wacky world that children bring us.

Parenting was also demanding for me, but enriching too. Every time it seemed I had everything under control, my young daughter taught me better. You have a chance to be an Arahata, to teach kids the ways of ECK.

You'll meet other parents who started out as bewildered as you, and now you can help each other through this very blessed season of life.

### WITH LOVING BALANCE

*Q: How do I find a balance while sharing ECK with my children? I find myself sharing ECK out of fear they will lose interest in the ECK teachings instead of continuing to just love them.*

—Alejandro P., USA

*A:* Dear Alejandro,

The balance comes in knowing your children are reincarnated Souls with a purpose of their own. You can be confident the MAHANTA will be with them, should they ever decide to turn to something other than the ECK teachings. No matter what, just love them.

*Harold*

*You can be confident the MAHANTA will be with them.*



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