

SPOTLIGHT ON ECK FAMILIES



Sri Harold Answers!

IMPORTANCE OF A WORK ETHIC

Q: So much of young people's activities today seem geared toward entertainment. I have always supported relaxing and having fun, but lately I am wondering how to instill a work ethic and teach the value of contributing to one's family and society. I think these things are so important for success in life. Please help!

—Wondering

A: Dear Wondering,

You're so right about the importance of a work ethic.

When my daughter was only five or six, I had her fold her clean laundry. Usually, she needed

help, as the boredom of the chore would put her to sleep.

A rule at home during my youth was to work first and play later. Even today, when there's a stack of work facing me, I want to get at it—now! Other projects are often ahead in line, but my aim is to finish that stack quickly so I can relax and enjoy time for myself.



A rule at home during my youth was to work first and play later.

Harold

BUILDING A ROCK-SOLID ECK FOUNDATION



Q: This past year has been strenuous and challenging. As a parent of young school-age children, I feel I dropped the ball on raising my children to focus on the spiritual principles of ECK at the start of each day. I let anger get the best of me on my worst days, and I feel I should be doing more to help my children see events in the world today through a spiritual lens.

We make up our own spiritual exercises, and my children fall asleep to the HU every night.

But what more can I do at home to incorporate the ECK principles into our stressful lives and help my children trust in the MAHANTA?

—Stressed Out



Sing HU before bedtime. That's a good spiritual foundation.

A: Dear Stressed Out,

It's good your children do their spiritual exercises and sing HU before bedtime. That's a good spiritual foundation.

As to what you can do at home to incorporate the ECK principles into your day to ease the tensions, do the following three things:

1. When a significant decision is to be made, listen carefully for the Master's promptings. Putting your faith in the MAHANTA can disperse the mental and emotional fog to help you make better choices.
2. Ask the Inner Master for ongoing tips on how to relax when things seem to go badly.
3. If they do go badly, ask, "What's the lesson in this for me?" Share such things with each other as they occur.

These three suggestions can help all of you build a rock-solid ECK foundation.

Harold

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