

# SPOTLIGHT ON ECK FAMILIES

## Walking This Golden Path

By CRYSTAL DIMAURO, York, Ontario, Canada

After seven years of marriage, my husband Chris and I were overjoyed when our dream of having a child finally came true. This had not been easy. We had to have patience and totally surrender to the ECK.

To prepare us for the parenting journey ahead, the most important things we practiced were the four fundamentals of ECK. We enjoyed doing our spiritual exercises together with discipline. And we would always do everything we could, then leave the rest to Divine Spirit.

**WE WANTED TO DECLARE  
HIS JOURNEY A SACRED ONE.**

Throughout my pregnancy, we introduced the Sound of Soul by singing *HU* and made up nursery rhymes about the ECK Masters. We would read ECK stories and talk to the Soul that was coming to us, welcoming It with love to this ECK family. We were so grateful and felt so blessed.

During delivery, Chris and my mom were singing *HU*. The doctor asked my mom, "What is this *HU* you are singing?" My mom explained it, and the doctor said, "Wow, that's beautiful." Moments after, our son, Phoenix, was born. While holding our baby and welcoming this Soul, we gave thanks to Divine Spirit for the opportunity to experience pure divine love.

As Soul, our son came into an ECK family, and we

wanted to declare his journey a sacred one on the path of ECK. So we decided to have an ECK Consecration Ceremony when he was two months old. It would bring more Light and Sound and strengthen our bond as a family.

During the ceremony, we both envisioned the Mahanta and the Vairagi ECK Masters standing around us, bathing us with their love. Through the officiator, the Mahanta was speaking to my husband and me. The sanctity of the moment was really felt, and the simplicity of the ceremony uplifted all guests, ECKists and non-ECKists.



As ECK parents, we agreed to encourage Phoenix to understand the balance between freedom and responsibility, so that he may walk through life with dignity and grace. We have also learned the importance of teaching him to observe the workings of the ECK and to value the precious gift of life.

The ECK teachings are guiding my husband and me as new parents. They give us spiritual tools we can use every day to bring more Light and Sound into our lives. We know we are Soul and that every experience is a lesson to help us learn and unfold.

We now have the confidence that we are walking on this golden path with the guidance of the Mahanta, the Living ECK Master.

## Sri Harold Answers!

### When Your Child Is Sick

**Q:** *Is there a spiritual exercise we can do for or with our children to help them when they are sick, without infringing on their karma or need for experience?*

—Jessica Fox, Saskatoon,  
Saskatchewan, Canada

**A:** Dear Jessica,

You may sing *HU* with them, or to them if they're too ill or young to sing along. What you'll be listening and watching for is guidance from the Inner Master about the right thing to do. Singing *HU* will not infringe on either their karma or need for experience.

*Harold*

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