

SPOTLIGHT ON ECK FAMILIES

My Child's Vivid Soul Travel Adventure

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Success Ufondu

Every evening, my children and I do a family HU Chant together. We try different imaginative techniques from their youth discourses and create fun spiritual exercises based on an activity they enjoyed that day. I

encourage them to invite Wah Z into the scene so they can play with him or listen to his advice. The aim is for them to develop their own special relationship with the Inner Master.

Their creativity with the spiritual exercises has no limits, and they always have rich spiritual experiences! When they studied Golden Wisdom Temples in their youth discourse, we did a technique where they closed their eyes and climbed onto a flying white horse with Wah Z. They asked him to take them to a Temple of Golden Wisdom, then they sang *HU* as they flew away with the Master.

Afterward, they looked in Sri Harold's book *ECK Masters and You: An Illustrated Guide* and showed me the temple they had visited. I was amazed by their experiences!



During this time, my son would often visit the Dayaka Temple. His love for it grew daily. One day he exclaimed, "Mom, now I know about the city I built on Minecraft" (his computer game). "It was the Dayaka Temple!"

He then showed me what he'd created on his computer three years before. It was a huge city with castles and blue colors, and the Dayaka Temple was nestled within it. There was a respectful tone in his voice as he showed me the inside of the temple where he said Lai Tsi stayed. A large book sat on top of a pedestal. I knew immediately this was the Shariyat-Ki-SUGMAD.

I could not believe my eyes! My son had built this long before he was involved in ECK activities. What he'd created matched the picture we'd seen of the Dayaka Temple in the city of Arhirit. Even the entrance door of his temple looked like the picture we'd seen!

Thanks to his youth Satsang class and the Spiritual Exercises of ECK, he'd made the connection between the ECK Wisdom Temples he was learning about and an experience he'd had years before!



If you can imagine a scene, then you can be there this same instant in the Soul body. That is the Imaginative technique. . . .

Soul Travel begins with a Spiritual Exercise of ECK in a physical setting.

Sri Harold Klemp, ECKANKAR—Key to Soul Travel, p. 17

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