

SPOTLIGHT ON ECK FAMILIES

Harji Answers

CONTEMPLATION WITH YOUNG CHILDREN

Q: How can I teach my children about the ECK without materials in my native language? Also, contemplation is part of the ECK teachings. At what age can contemplation be part of a child's practice in ECK?

—Leonardo, Italy

A: Dear Leonardo,

Translate the English children's ECK discourses into Italian for your children, using words they can easily understand. Do your best. The Master will do the rest.

Contemplation, too, must be kept simple. You may begin it when your child is able to follow along. So, chant *HU* only three times. Any longer will leave a youngster squirming. As time goes on, see if your child would like to lead in the singing of *HU* too.



TECHNIQUE TO DISSOLVE NIGHTMARES

Q: Can I do something to make nightmares disappear?

A: Here is a technique that can be used by anyone. It doesn't matter whether you are an ECKist or not. If a child mentions that he or she is having nightmares, the parent may say, "Tonight when you go to sleep, ask me to come along to your dream world. We'll go and face this problem together, OK? Try to remember to call on me."

If the child asks for help in such a way, the parent can learn to become empowered by the benediction of the Dream Master. In other words, the Dream Master will step in and begin to make the nightmare experiences dry up and go away.

🌸 INSTILLING THE VIRTUES OF ECK 🌸

Q: In what ways can I bring up my children to better understand the virtues of ECK? How do I know when to honor freedom of choice and when to instill discipline? How do I steer my kids away from falling into peer-group pressure?

—Ohaeri, Nigeria

A: Dear Ohaeri,

The virtues of ECK include qualities like kindness, respect for others, honesty,

honor, loyalty, grace, faith, and more. In other words, they describe someone who is a good, upstanding human being. The Spiritual Exercises of ECK will help your children be that.

When to discipline and when not to discipline? If they choose to let good values be their guide, compliment them. But also discipline them when they've done poorly.

Kids are nearly always under some sort of peer pressure. Try to have a daily family meal together, where each family member gets to tell about their day—the good, the ordinary, or whatever.

Such table conversations make families stronger and help weaken peer pressure.

Harold

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