

SPOTLIGHT ON ECK FAMILIES

Our ECK Reading Adventures

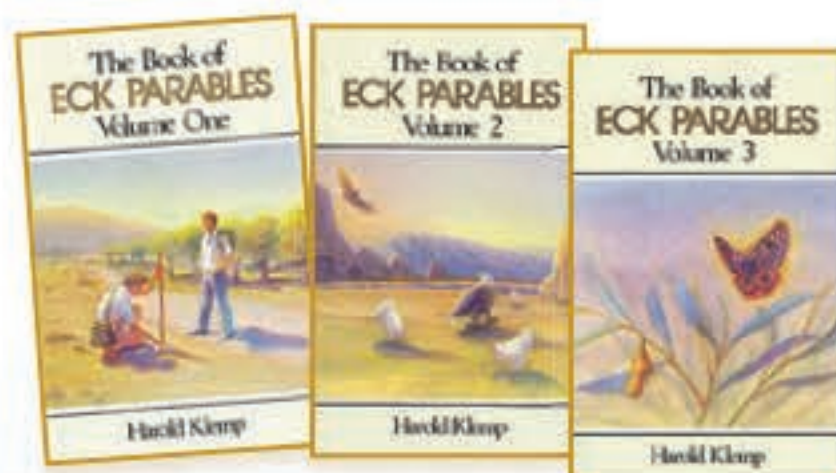
By JESSIE CROMWELL, Spokane, Washington



Jessie Cromwell

One way I practice the ECK teachings with my daughter is by reading the ECK Parables books together. The stories highlight spiritual principles at work in every-day life.

Each evening, after a quiet contemplation, we ask the MAHANTA which story will benefit us the most. As with the Shariyat technique, we then open one of the ECK Parables books at random and read the story we land on. I found another spiritual benefit to this. When I ask the MAHANTA in an open and curious way, then turn to a page at random, I leave room for the ECK, the SUGMAD, and the MAHANTA to show me what is right for my daughter and me in that very moment.



My daughter and I repeat this process and read a few stories. Then we talk about the spiritual principles we learned. These stories make a great springboard for exploring a variety of spiritual topics together! Sometimes I ask her if she has had a similar experience or can relate to the story in any way, and we discuss that for a while.

Other times, a situation in my daughter's life will come to her, and she will share it with me or ask me, "What about this? How do I deal with that?"

This time together reading the ECK parables opens up the conversation and strengthens the love and connection between the two of us.



Have fun!

Use this creative-activity sheet to track the books you and your child read! Visit ECKparents.org > Family Activities > Activity Sheets.



Sri Harold Answers!



GUIDING CHILDREN THROUGH LIFE EXPERIENCES

Q: I would love some tips for finding the balance between protecting our children and allowing them to work through what they have chosen to experience in this lifetime. —Supportive Mother

A: Dear Supportive Mother,

Children usually do not choose the circumstances of their birth but are assigned to a family. If it is to an ECK family, they are very fortunate. It means they have earned that right.

Guide them gently when they are obedient. They need spiritual and societal training to become

balanced spiritual beings and good citizens.

Yet if they ignore your guidance, be firm and insist on doing it your way. You're the adult. I hope this helps you.

Harold



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