

# Create a Spiritual Exercise

Roll a dice three times to choose an ECK Master, a destination, and a way to travel. Then use those three things to create a spiritual exercise to experiment with!

|  | ECK Master  | Destination  | Way to Travel   |
|---|---|--|---|
| 1   |  Wah Z           |  Golden Wisdom Temple |  On the back of an eagle |
| 2   |  Rebazar Tarzs   |  River-bank           |  Balloon                 |
| 3   |  Kata Daki       |  Spiritual city       |  Train                   |
| 4   |  Fubbi Quantz   |  Forest             |  Fly                   |
| 5   |  Gopal Das     |  Waterfall          |  Skate-board           |
| 6   |  Towart Managi |  Beach              |  Boat                  |



Don't have a dice? Use this spinner by laying a paperclip over the center circle. Use the tip of a pen to hold one end of the paperclip there, then flick the other end to spin it around the circle.

