

# ECK FAMILY SPIRITUAL TREASURE HUNT



1. Sing *HU* as a family.
2. Then take a walk together outside, in nature or in your neighborhood. Imagine the MAHANTA, the Inner Master, joining you.
3. Use the following checklist to do an open-eyed spiritual exercise that is fun for the whole family! As you walk along, find or do each item on this spiritual treasure hunt.

- Make a six-pointed star by using things you find outside** (pebbles, sticks, leaves, snowballs). This star represents the MAHANTA, our inner spiritual guide.
- Think of an attitude or habit you would like to let go of.** Then find something you can safely jump over (like a stick, a line in the sand, or even a crack in the sidewalk). As you—Soul—jump from one side to the other, imagine leaving the attitude or habit behind you. When you land on the other side, wave good-bye to it, and continue your walk with the Inner Master.
- Find something that represents the Light of God to you.** Can you feel that Light in your heart?
- Recognize each living thing you see as Soul.** How many of Soul's different forms can you find?
- Ask the MAHANTA to show you some object that is special just for you.** Appreciate it as a gentle reminder of God's love for Soul.
- Count how many different sounds you hear.** Every sound contains the sound of HU. Which one is your favorite?
- Find something shaped like a heart** (maybe a leaf, a cloud, or some other object). Then do a small act of kindness for someone you see. It could be as simple as smiling or picking up a piece of trash. Know that you are being a channel for divine love.
- Each family member can find something they might encounter in their dreams.** Ask, "If it were a dream symbol, what would it mean to you?" Each person shares their ideas.
- As a family, find three items and make up a spiritual adventure that includes all three objects.** Before you go to sleep tonight, invite one of the ECK Masters to join your dream adventure.
- Share with your family one thing about this walk that you are grateful for.**

