**Mastering Change in Your Life**

Youth Ages 13-17

Workshop: 1 ½ hours

Click or tap here to enter a time.

Click or tap here to enter a location.

Facilitators: Click or tap here to enter text.



Program description*: How can you find inner strength and trust when change comes your way? Gain spiritual skills to help you move more easily through life’s changes, both big and small.*

|  |
| --- |
| **Spiritual purpose and benefits:**   * To provide ECK youth with a deeper understanding of the spiritual reasons why changes happen in our lives. * To give youth an opportunity to share, discover, and practice spiritual skills and tools for navigating change from the Soul perspective. |
| **Supplies Needed:**   * Workshop PowerPoint * Index cards, in several colors * Pens and pencils * Blank paper and lined paper * Handout: “Growth and Change” * Large cardstock (8 ½ X 14 inches or bigger) * Glue sticks and scissors * Images and words for collage activity cut out from magazines and from free online sources:   + Images of nature scenes, pets, school, travel, sports, music, creativity, the HU, Sri Harold, EK symbols, etc.   + Positive words like: *harmony, friendship, goals* * Five spiritual exercises about change, in five different colors of envelopes (one exercise for each attendee), hidden around the room |

|  |  |  |
| --- | --- | --- |
| Time |  | Facilitator |
| 2 minutes | **Welcome, Introductions, Workshop Overview** (slide 1)  Facilitators introduce themselves and the workshop title.  *Today we’ll do some activities to practice spiritual skills for mastering change and we’ll also talk about spiritual reasons why change happens.* |  |
| 10 minutes | **The Law of Change**  **Activity: Have You Ever…**  Everyone stands in a circle. A facilitator stands in the center and asks a question related to change, beginning with “Have you ever…”. To respond, everyone who answers “yes” steps into the middle of the circle and then moves to stand in a new place in the circle.  Questions: Have you ever…   * not liked a food and grew to like it? * changed interests? * changed your hair color? * let go of a habit that didn’t serve you? * started a new healthy habit? * changed friends? * changed schools? * moved to a new city?   *You can see that we’ve all been through lots of changes.*  Attendees sit in a circle.  **The Law of Change**  *There is actually a spiritual law of change. The spiritual laws of life are truths about how the universe works. Knowing these laws makes life easier*.  *The Law of Change is that we are all changing all the time, and we are also changeless. The outer part changes (our physical body, mind, memories, and emotions), and the true self (Soul) is changeless. Things ebb and flow in the universe all the time. Change is needed to stretch the individual.*  *Sri Harold explains the Law of Change this way:*  **Quote:** (slide 2)  “Change is therefore not to be feared, but to be accepted as an integral part of life. Change strengthens Soul.”  ―Sri Harold Klemp, *Eckopedia,* p. 38  Invite attendees to contemplate the quote as they sing *HU*. They can ask the Inner Master to work with them on a change in their life.  Lead everyone in a HU song. |  |
| 15  minutes | **Spiritual Skills for Mastering Change**  The facilitator shares a story about recent experience with a significant change in their life, and some of the spiritual skills they used during this change (for example):   * Imagining the new situation with a positive mindset * Talking with the Mahanta * Keeping a gratitude journal   Attendees go to the supply table to get a pen and an index card, and then sit at the tables.  (slide 3)  *What is a skill that you use for coping with change? Please write it on your index card*. *We’ll share these cards in small groups, so please write as neatly as you can.*  Ask attendees to take their belongings with them and find a seat at a new table.  **Large group sharing:**   * *How many of you got a better seat?* * *How many of you wish you could sit where you were before?* * *How many of you ever had a change happen to you unexpectedly, like that?* * *How is your relationship with change?*   **Small group sharing**  Attendees place their note cards in the center of the table and take a different card. Youth take turns reading the cards aloud to everyone at their table. They can ask follow-up questions and share examples to illustrate their tips.  **Large group sharing:** *Are there any tools or examples you discussed in your group that you’d like to share with everyone?* |  |
| 30 minutes | **Working with a Change in Your Life**  *Change can be uncomfortable because we don’t have certainty about what will happen.*  *Has anyone heard of the golden contract?*  *We each have a golden contract as Soul. The golden contract means that everything in our lives, without exception, is to help us spiritually on our way back home to God. So changes happen for us, to help us learn spiritual lessons.*  **“Change and Growth” Writing Exercise**  A facilitator shares a brief personal example of an important change they experienced and what they learned from it.  Ask for one person from each table to go to the supply table to get copies of the “Change and Growth” handout to pass out to their table.  Invite everyone to choose three important changes in their life.  *In this exercise you can note how old you were, how you responded to the change, and then reflect on what you discovered.*  Attendees take a few minutes to do the exercise. At the bottom of the handout, youth identify a change they’d like to make in their life right now.  **Small group sharing:** Invite everyone to share one of their turning points and what they learned from it, with their table.  **Spiritual Exercise and Collage Activity**  *Now we will try a spiritual exercise and activity to work more with the change you’d like to make right now, which you wrote on your handout.*  *This exercise is a way to work with the Inner Master, also known as the Mahanta.*  *For anyone new to Eckankar, Eckankar always has a spiritual leader known as the Mahanta, the Living ECK Master, who is both an inner and an outer spiritual teacher and guide.*  *Today, the Mahanta, the Living ECK Master is Sri Harold Klemp.*  **Spiritual Exercise: “The Golden Parachute”** (slide 4)  This is a spiritual exercise for when “you are facing a new experience and feel nervous, anxious, or unsure about it…”  “Look at the situation from above, from the Soul perspective. Imagine yourself gently floating down into the situation using a golden parachute. The parachute is being guided by the Mahanta and is carrying you safely into the situation with love and grace.  With the Mahanta by your side, imagine yourself learning whatever you need to learn and doing whatever you need to do.”  —Sri Harold Klemp, *The Wonder within You*, p. 43    **Collage Activity**  *We’re going to work more with this change in your life by doing a collage activity.*  (slide 5)  Attendees create a collage based on their experience with the spiritual exercise. They will use images that show what they hope to learn and do to grow spiritually from this change in their life.  Call on one or two tables at a time to go to the supply table and pick out images for their collage. Then youth go to the other supply table to get a piece of cardstock and a glue stick to take back to their tables.  When finished, youth hold up their collages for everyone at their table to see. They can share something about the change they are working on, if they want.  **Large group sharing**: How did this exercise help you? |  |
| 20  minutes | **The As-If Principle**  *For this next exercise you can focus on the change you worked with in the collage activity or you can choose a different change in your life. It could be a big change in your future related to your education, your career, your spiritual purpose in life, or a smaller change you are navigating right now.*  Call on one or two tables at a time to go to the supply table to get a pen or pencil and paper.  **Gratitude Letter to the Mahanta** (slide 6)  Attendees are invited to write a gratitude letter to the Mahanta as if their change has already happened. They can share their gratitude for the gifts it brought and the lessons they learned.  *When we imagine that we already have something we want, we are working with the “as if” principle, living as-if the wish has already been fulfilled. Imagination is a real and powerful spiritual tool and gift we can use to work creatively with change.*  *If you’d like to, you can even use your creativity to add images to your letter to the Mahanta!*  Optional: Using a flip chart to demonstrate, the facilitator can invite youth to draw some basic shapes and then shows them how to change those shapes into objects and people. Youth can add these images to the margins of their letter.  **Inner Strength and Trust In the ECK During Change**  *As we get experience working with the Mahanta, as you just did when writing a letter to him, we gain trust in the ECK and the Mahanta to bring us what we need during changes in our lives.*  *Sri Harold shares tips for planning your life, in his book* Youth Ask a Modern Prophet about Life, Love, and God. *He explains that if you plan out your* whole *life right now, it doesn’t leave any room for freedom, or for the ECK, the Holy Spirit to guide your life.*  *He goes on to say:*  “Yes, we do plan. However, in this approach, we recognize the superiority of Soul over any plan. Therefore, if the Holy Spirit, the ECK, brings a new direction in our life…We are willing to change our direction.”  —Sri Harold Klemp, *Youth Ask a Modern Prophet about Life, Love, and God*, p. 116  *A strong relationship with the Mahanta brings more guidance and trust into any situation. You can keep talking to him, and keep listening for guidance, while staying open to any direction the ECK brings to your life.* |  |
| 10 minutes | **More Tools to Help with Change — Treasure Hunt** (slide 7)  *We have one final activity: a treasure hunt to find another spiritual tool for working with change. There are envelopes all around the room with different tools in them.*  Have youth count off by fives, with each person being given a number from one to five. Youth look around the room for one envelope, according to the number they each have:   * Ones look for a blue envelope (Ex: Create a Brighter World) * Twos look for a yellow envelope (Ex: Game of Chess) * Threes look for a green envelope (Ex: 15 Times Exercise) * Fours look for a purple envelope (Ex: Thinking from the End) * Fives look for a pink envelope (Ex: The Circle Technique)   *After you find an envelope, bring it to the open space in the room and sit in a large circle, where you can open your envelope.*  Give youth a chance to read the tool in the envelope they found.  Lead everyone in a brief HU song and invite them to try the spiritual exercise they found.  **Large Group Sharing:** Invite youth to share the exercise they got and/or their experience with trying the exercise. |  |
| 3 minutes | **Wrap up, evaluation forms**  *We’ve shared, discovered and practiced a lot of spiritual skills to help us move more easily through life’s changes. To recap, we…*   * Talked about the spiritual purpose of change, to strengthen Soul * Shared spiritual tools that help us navigate change, including talking with the Mahanta and keeping a gratitude journal * Did “The Golden Parachute” spiritual exercise and a collage activity about a change we want to create in our lives * Worked with the “As If” principle in a writing exercise * Did a treasure hunt to find even more spiritual tools for navigating change   *The Mahanta will guide you and give you new tools to put in your spiritual toolkit, to meet the changes life brings you. Each change can strengthen you and teach you more about who you truly are, as Soul.*  **Closing Quote:**  “Put your heart into every new venture, for the Mahanta has led you through a gateway of opportunity to help you reach a higher level of ability, love, and compassion.”  —Sri Harold Klemp,  *Youth Ask a Modern Prophet about Life, Love, and God*, p. 70  *Thank you for filling out a feedback form. It really helps with creating future seminar programs!* |  |