

Experience the Light and Sound of God

1.5 hour workshop for ages 13-17

Facilitators: _____



Program description: *Have fun doing cool, interactive activities to experience the Light and Sound of God. Creatively explore how aligning yourself with the ECK helps you live your best life.*

Spiritual purpose and benefits:

- Youth deepen their understanding of the ECK and what the Light and Sound are.
- Youth have an opportunity to explore the God Worlds of ECK Chart and learn to identify where a dream or spiritual experience takes place.
- Youth are invited to reflect on what helps them live from their highest as Soul.
- Youth choose a spiritual exercise to experience the Light and Sound for themselves.

Supplies Needed:

- Clipboards, pens, pencils
- Resource: Fun Facts Treasure Hunt Set-up Instructions
- Handout: Fun Facts about the Light and Sound
- ECK Artwork posters depicting experiences with the Light and Sound, displayed around the room (with an answer to one Fun Fact from the handout written on each in invisible ink—see set-up instructions)
- Mini-UV flashlights, one for each youth
- Handout: The God Worlds of ECK chart
- Five Spiritual exercise handouts:
 - Handout: A Golden Elevator
 - Handout: A Diamond's Reflection
 - Handout: The Eternal Nature of Soul
 - Handout: Your Cup of Living Water
 - Handout: Beyond Limitations
- Two large balls of yellow or gold yarn

Time		Facilitator
12 min	Welcome Activity: Fun Facts about the Light and Sound (Slide 1) Facilitators greet youth as they arrive and invite them to take a clipboard, pen or pencil, and a copy of the handout: Fun Facts About the Light and Sound to fill out. They can work on their own or they can help each other fill in the blanks.	
3 min	Introductions, Workshop Overview Facilitators briefly introduce themselves and the workshop title, “Experience the Light and Sound of God.” <i>The Light and Sound are how God communicates to us. They are God’s love in action.</i> <i>We can learn to recognize and experience the Light and Sound for ourselves, and we’ll share some ideas for how to do that in this workshop. They can make a real difference in your life because they can bring love, upliftment, relief from stress, and the answers we need in life.</i>	
18 min	Light and Sound Treasure Hunt Introduce the Treasure Hunt: <i>The ECK teachings are sometimes called secret teachings. This is because the way to meet with the Inner Master and experience the Light and Sound is to go within yourself. This is what the spiritual exercises help us do!</i> <i>In a moment you’ll be able to confirm the answers on your Fun Facts handout for yourself— just like you can do spiritual exercises to find spiritual truths for yourself.</i> • Explain that the artwork posted in the room is by ECK artists and shows their inner experiences with the Light and Sound. There is more to this artwork than you can see with just your eyes! • The facilitator shows youth how to shine a UV light on one of the posters to reveal a fun fact.	

	• <i>We experience the Light and Sound of God with inner eyes and ears. In this treasure hunt, you can shine your light on these posters to find the answers hidden on each of them.</i> Treasure Hunt Activity Pass out UV flashlights to youth. They can walk around the room and look at the art pieces in any order to find the secret messages, check their answers, and make any changes they'd like to make to their Fun Facts handout. Collect the flashlights as youth finish the activity. (Slide 2) Facilitators lead a large group discussion about the activity (use the mic ball so everyone can hear): • Which fun facts did you already know? Which were new to you? • Which fun facts were the most interesting to you? • Did you relate to any of the experiences shown in the art work? • How have <i>you</i> experienced the Light and Sound?	
10 min	Exploring Vibrations and the Sound Current What is Vibration? <i>A vibration is a repeated motion that creates a wavelength. It's a form of energy. Music has wavelengths, too. And so does every atom in this world.</i> <i>Have you ever been reading, doing homework or focused on something and you could feel someone walk into the room without even looking? You are feeling their vibration, their energy coming into the room before you see them.</i> (Slide 3) <i>ECK Master Harold Klemp explained that the Sound and Light are very real in ECK. The Light is the Holy Spirit at a certain rate of vibration where the atoms of God can be seen. At a higher, faster vibration, It can be heard as the Sound Current of ECK. (Adapted from Harold Klemp, Unlocking Your Sacred Puzzle Box, p. 159)</i> Demonstrate vibration and the Sound Current with musical instruments <i>To experience vibrations and the Sound Current we are going to listen to some music played on different instruments!</i> Invite youth to find a place they can relax, either sitting up, laying down—wherever they're comfortable.	

	<i>As you listen to the music can you: (Slide 4)</i> • Listen for the HU in the sound of the instruments. • See if you can feel the sound current moving through you • Where do you feel the music the most? • Does each instrument have the same vibration? • What other sounds do you hear? Youth listen to the facilitator playing live original instrumental music or recorded ECK instrumental music for a few minutes. Small group sharing: Invite youth to share their answers to any of the questions listed above in groups of two or three.	
10 min	The Light and Sound in the God Worlds <i>The Light and Sound, together, are the Voice of God. They form a cosmic wave that goes out from the heart of God to all creation, through all the difference planes of God. And the MAHANTA helps Soul learn to catch that wave as it flows back home to God.</i> The God Worlds of ECK Chart (Slide 5) Give youth the handout: The God Worlds of ECK Chart The facilitator shares a brief story of a dream or spiritual experience in the God Worlds and how learning about the God Worlds Chart helped identify where the dream took place. Facilitator shares some ideas for working with the God Worlds Chart: • There is a different sound and color of light for each inner world. • Physical world is the lowest of vibration and density and as you go higher the worlds become less dense, more pure, with a higher vibration. • Knowing the sounds and colors of light can help you tell which plane you are visiting in a dream or during contemplation. Activity: Where in the God Worlds Might This Be? (Slide 6) <i>There's no need to memorize the God Worlds. That's why we have a chart. It can be fun and enlightening to use the chart to figure out where you might have been in a dream or a spiritual exercise. We're going to try that now.</i> (Slides 7-18)	

	• Show the next group of slides, one at a time. The slides for this activity will show an image for a second and then automatically advance to a slide with a question mark. • Youth call out a guess as to the plane in the God Worlds where the experience in each image might be. They can use their handout to find the color of Light and the Sound for each plane. • Pause between each image to let youth explain their answer. Then click to the next slide to reveal the answer.	
10 min	Living Your Best Life The HU <i>ASK: Without looking at the God Worlds Chart, what is your guess for where the Sound of HU is on the chart? (Pause for youth to call out their answer).</i> <i>Now look at your chart.</i> <i>The HU is a very holy name for God. All sounds are contained in It.</i> <i>(Slide 19) This quote shares how you can work with the HU to experience the Light and Sound.</i> <i>“When you sing HU, know that this is one of the most sacred names for God. Sing it with love....Look for the Light, listen for the Sound. It’ll give you spiritual insight, but it doesn’t come overnight. You have to develop it like any other skill.”</i> <i>—Harold Klemp, The ECK Rite of Passage Study Guide, p. 86</i> <i>When we sing HU we are aligning ourselves with the highest vibration on earth, the Sound of God.</i> Living From Your Highest <i>You may have heard the sayings, “live your best life” or “living from your highest.”</i> Facilitator shares a favorite way to live their best life by giving service. <i>What if living from your highest is about a high level of vibration?</i>	

	Small Group Sharing: (Slide 20) In groups of 2-3 have youth share their answers to these questions: • How do different types of music affect your vibration? And different types of social media? • What other choices affect your vibration? • What do you do if there is someone in your life whose vibration is not what you are aiming for? • What helps you raise your vibration and live from your highest as Soul? Large group sharing: Invite a few youth to share their answers with the large group.	
7 min	Choose a Spiritual Exercise to Do <i>There are many awesome things that can happen when you experience the Light and Sound, like having more love, joy, or inner peace, receiving spiritual help, and having spiritual adventures, all of which can help us create an amazing life.</i> <i>One of the fun facts from the welcome activity is that doing spiritual exercises leads to more experiences with the Light and Sound.</i> <i>It may not happen right away—but it is a skill we can all develop.</i> <i>You can do a spiritual exercise with the Light and Sound for any reason you like. Today we have five spiritual exercises for you to choose from.</i> • If you would like to take a Soul journey to the God worlds, you may like “A Golden Elevator.” • If you would like an exercise that brings blessings, strength, and love, you may like “A Diamond’s Reflection.” • If you would like to experience being Soul as a body of light, you may like, “The Eternal Nature of Soul.” • If you would like to have an experience with the ECK, the Light and Sound, as Living Water, you might like “Your Cup of Living Water.” • If you would like help with a challenge or limitation in your life, or with a situation that feels stuck, you may like, “Beyond Limitations.” Youth choose an exercise handout from a table in the room and return to their seats. Give them a moment to read it.	

	Then lead a HU song, during which youth try the exercise they chose. Invite youth to share their experience, if they want to. Remind them they can keep working with the exercise at home, or try a different one.																			
15 min	What is the ECK? <i>We've talked a bit today about how the ECK is the Light and Sound.</i> <i>Have ever noticed how many names there are for the ECK? We often call it the Holy Spirit, for example. This next activity is a fun dive into what the ECK is.</i> ECK is the Golden Thread Activity Depending on the number of youth, have them stand in either one or two large circles. A facilitator stands in each circle, holding ball of yarn. <i>In the Shariyat, the ECK is also called the golden thread. It connects all life—each of us—with God's love. It is so strong that nothing can break it.</i> • Hold up the ball of yarn. <i>Imagine this gold yarn is the golden thread of ECK.</i> • The facilitator holds the end of the yarn and throws the rest of the ball of yarn to someone across the circle. • That person holds onto a piece of yarn and tosses the ball to someone else. • Continue until everyone in the circle is holding a part of the yarn to create a net of ECK. As everyone takes turns throwing the yarn, they call out others name for (or descriptions of) the ECK. Facilitators and other youth can help with ideas as needed, such as: <table><tr><td>The Golden Thread</td><td>The Voice of God</td></tr><tr><td>The Holy Spirit</td><td>The Audible Life Stream</td></tr><tr><td>The Light and Sound of God</td><td>Heavenly Music</td></tr><tr><td>The Sound Current</td><td>Bani</td></tr><tr><td>The God Current</td><td>Life Force</td></tr><tr><td>God's love in action</td><td>A wave flowing outward from God</td></tr><tr><td>The River of Life</td><td>The Living Word</td></tr><tr><td>The River of God</td><td>Truth</td></tr><tr><td>The Word of God</td><td>Love</td></tr></table>	The Golden Thread	The Voice of God	The Holy Spirit	The Audible Life Stream	The Light and Sound of God	Heavenly Music	The Sound Current	Bani	The God Current	Life Force	God's love in action	A wave flowing outward from God	The River of Life	The Living Word	The River of God	Truth	The Word of God	Love	
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	• Invite everyone to take a small step backwards to reduce any slack in the web. • <i>Each of us is Soul. This golden thread of ECK, represented by the yarn, connects us all together in God's love.</i> • <i>The ECK is the Light and Sound of God, which uplifts and purifies Soul.</i> • Invite three youth in different parts of the circle to sing <i>HU</i> once and lift the yarn above their head. • <i>What happened to the network of golden thread? Is your thread lifted too? How far into the circle is it felt?</i> • Have everyone count off by threes and remember their number. Then have all the threes lift their piece of yarn. • <i>What do you notice?</i> • <i>This is an example of how—when we raise our consciousness and vibration through the spiritual exercises— it helps lift up all life!</i> Have youth toss the yarn in reverse to wind it back up.	
5 min	Wrap up, evaluation forms Briefly summarize what was covered in this workshop: • The Light and Sound are real. They come from God to uplift us. • There are many ways to experience the Light and Sound. We shared some by listening to different instruments, in the artwork around the room, and in the spiritual exercise you chose. • You can use the descriptions of the Light and Sound in the God Worlds chart to recognize where a dream or spiritual exercise happened. • The choices we make affect our level of vibration. We can uplift our vibration by singing <i>HU</i>, the God sound.	
TOTAL: 90 mins	Thank youth for their feedback about this workshop. It helps us create even better workshops in the future.	