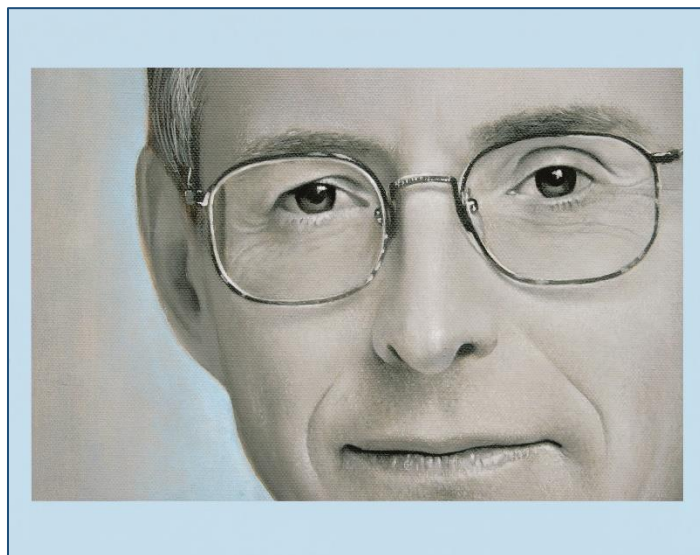
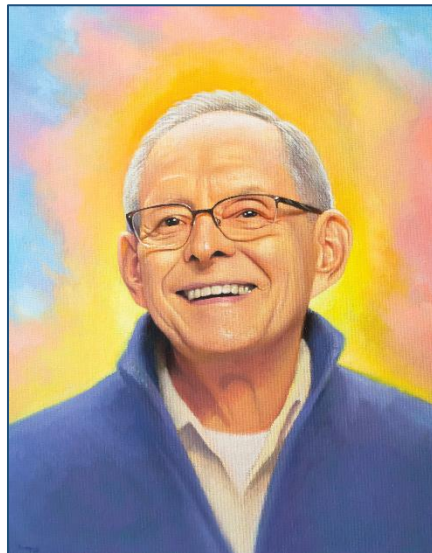


Choose a picture of the MAHANTA and glue it on page 4 of your activity book.



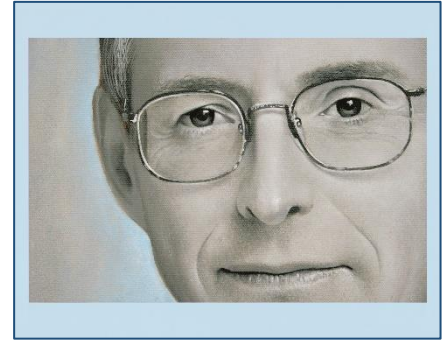
Choose a spiritual exercise for page 6 of your activity book.

Conversation with the Master

Prepare yourself for a chat with the Master. What would you like to say? Sing *HU* as you contemplate this. Then begin to speak from your heart, gently, out loud, knowing the Inner Master can hear you completely. Say all you wish to say.

Then listen, listen, listen.

—adapted from *The Spiritual Exercises for the Shariyat, Book One*

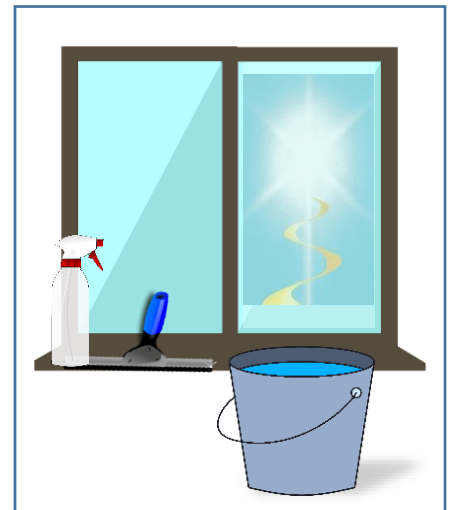


Creating Happiness

In your spiritual exercise, imagine standing in front of a big glass window. Next to you is a bucket with cleaning supplies: a rag, a squeegee, and a spray bottle of window cleaner. Spend some time cleaning this window until the Light of ECK pours through like a ray of sunshine.

Anytime you feel yourself less happy than you want to be, spend some time cleaning your inner window so that more Light can shine through.

—adapted from *The ECK JR 3 Discourses*



Remembering Your Dreams: The Golden Cup

Every evening at bedtime, visualize a golden cup to be filled with your dream experiences. The cup sits by your bed. When you awake in the morning in contemplation or in your imagination, drink from the cup. You are drinking in the experiences, a conscious way of saying, I want to remember what I'm doing on the inner planes while my body is asleep.

The golden cup is Soul; it is you. As you put more attention on drinking from the cup, it takes on a life of its own. The more the ECK flows in and out of the cup, the more Soul shines of its own golden light. You, as Soul, become an ever brighter vehicle for the Holy Spirit.

—adapted from *The Spiritual Exercises of ECK*



ECK Helps Me...

Cut out some ways the ECK helps you and glue them on page 7 in your activity book in any design you like!

be creative

be open to
more
divine love

go on Soul
Travel
adventures

overcome
fears

learn from
my dreams

notice
blessings

meet ECK
Masters

get answers
to questions

experience
Light and
Sound

find truth

grow with
experiences

by giving
me nudges

with
protection
from the
MAHANTA

