

# We Can Become ECK Masters!

Click or tap to enter a date.

**Ages 11-13**

**When**

Click or tap here to enter a time.

**Where**

Click or tap here to enter a location.

**Program Description**

One day we will all be Coworkers with God—so full of divine love that we give it out to all life, just like the ECK Masters do. Have fun exploring who the ECK Masters are and how they can help us. Get keys that can help you become an ECK Master too!

**Spiritual Purpose and Benefits**

- Youth get to know more about several of the ECK Masters, explore qualities of ECK Masters, and learn about the Five Keys to ECK Mastership.
- Youth imagine themselves as future Coworkers with God.

**Program Overview**

Pre-Session Volunteer Meeting

Welcome Activity – Qualities of ECK Masters Collage

HU Song and Group Meeting

Get to Know the ECK Masters – Games

Guest Speaker Story – Meeting an ECK Master

Coworker Puppets and Performance

Clean Up, Sharing, and Feedback

**Pre-Session Volunteer Meeting (45 minutes)**

- Introductions and HU Song
- Brief review of volunteer roles
- Safety review
- Program review
- Questions and answers


## Welcome Activity– Qualities of Mastership Collage (up to 30 minutes)

- Group Leaders welcome youth as they arrive.
- Group Leaders give youth the craft handout. The top layer is tracing paper and the layer beneath it is a piece of cardstock with a figure on it that represents Soul.
- First, on the top layer, youth trace an outline of the figure that shows through the tracing paper. The tracing paper represents their physical body.
- Next, youth decorate the cardstock layer that represents Soul. Youth can use the words from the “Qualities of Mastership” handout, and draw, color, and put stickers on the cardstock layer.
- Group Leaders chat with youth about the qualities of mastership they notice they are learning in their life and which qualities they would like to put more attention on.
- Youth share their collages with their group, and share something they like to do or are interested in that helps them practice one or more of these qualities of mastership.

### Supplies

- Handout: a layer of tracing paper stapled to a piece of cardstock with Soul outline on it
- Handout: Qualities of Mastership words
- Gel pens
- Markers
- Colored pencils
- Scissors
- Glue sticks

## Welcome, HU Song, and Group Meeting (15 minutes)

 Note to Group Leaders: Please sit with youth during the large group HU and Guidelines/Rules.

- Youth and volunteers come together in a large circle.
- The Room Leader welcomes the youth.
- Introduce the session theme: *Today we are talking about how we can become ECK Masters. ECK Masters are Coworkers with God—they are so full of love that they give it back to all life. They’ve made the journey home to God and they love helping others do the same. We are all in training right now to be ECK Masters!*
- Explain what the HU is and how it can help you rise above the mind and remember how much God loves you. It can help us be our highest, best self!
- The Room Leader leads youth in the following spiritual exercise, “See the Godlike Qualities of Soul,” from Sri Harold’s book, *The Wonder Within You*, p, 60:

“As Soul, you have the same godlike qualities as the Living ECK Master. They are growing within you. The Inner Master helps you develop them so someday you can become an ECK Master. In contemplation, imagine the MAHANTA is standing before a whiteboard, ready to show you your own godlike qualities. He may list them or replay a scene from your life to show you a particular quality in action. He will help you become aware of what godlike qualities you are developing today.

- Lead the group in a HU song and invite them to try the exercise.
- Invite youth to share their experience or part of their experience with the spiritual exercise, if they wish.

## Guidelines/Rules

- The Room Leader invites youth to participate in creating guidelines for behavior in the youth room.
- Write the guidelines on a flip chart or white board to refer to later as needed.
- *Like following the rules in a game, when everyone plays by the agreed upon rules, the game is a lot more fun!*

## Get to Know the ECK Masters — Games (25 minutes)

- The Activity Leader introduces the activity: *The welcome activity was about some of the qualities that ECK Masters have. ECK Masters are spiritual guides who work with the MAHANTA, and can help us when we have a challenge.*

### Matching Game

- *We're going to get to know more about some ECK Masters, with a matching game. You'll have a handout with descriptions of ECK Masters. You can walk around the room to find pictures that fit the descriptions and write the ECK Masters' names on your handout.*
- While youth walk around the room, Group Leaders are available to help with reading, pronunciation of ECK Masters' names, etc.
- Once most or all youth have finished, let youth know they can walk around again and find the answers by going to each picture and turning it over to reveal the number that matches the description of that ECK Master on the "Get to Know the ECK Masters" handout.

### Supplies

- Large pictures of the ECK Masters with their names on the front and the number of the matching description glued on the back (placed around the room ahead of time)
- Handout: Get to Know the ECK Masters
- ECK Master picture cards in a bag for Guessing Game


### Guessing Game

- The Room Leader introduces another game, and assigns/helps youth divide into pairs to play an ECK Master guessing game.
- Each youth takes a picture of an ECK Master from a bag. Youth may look at their picture, but don't show it to others.
- Youth take turns asking each other yes/no questions to get clues about which ECK Master card their partner has. After asking 3-4 questions, they guess which ECK Master their partner has.
- Youth may use their "Get to Know the ECK Masters" handout to help them come up with questions and answer the questions they are asked.
- Keep playing the game with new picture cards, as time allows.

**Break** — get a drink of water, use restroom, chat with friends, etc.

## Guest Speaker Story – Meeting an ECK Master (20 minutes)

- Youth and Group Leaders all sit in a circle. The Room Leader introduces the guest speaker by sharing their name and a couple of their interests.
- The guest speaker shares a personal experience with meeting an ECK Master, while highlighting how ECK Masters can inspire us to live ECK principles, such as a love for all life and detachment.
- The guest speaker invites youth to share their own experiences with an ECK Master from a dream or spiritual exercise, or to share which ECK Master they would like to have an experience with.

 Note: if a youth shares a story of an experience with an ECK Master, the Room Leader can invite them to write the story and submit it for possible publication in the *Letter of Light*.

## Coworker Puppets and Performances (60 minutes)

- The Activity Leader introduces the activity:  
*We're going to make "Coworker Puppets" to help us imagine ourselves as the ECK Masters that we will be in the future. Then we will put on performances with our puppets.*
- Show youth a couple sample puppets.

### Sharing and Discussion: What ECK Masters Do

- Point out the "Five Keys to ECK Mastership" glued inside one of the sample puppet's cardboard cone. Read the five keys out loud.
- *ECK Masters actions and words are directed by the love inside them, just like these five keys are inside every puppet.*
- *This may not sound exciting, but actually being a Coworker is a really cool opportunity to follow our interests and give back to life in a way we enjoy and that lets us use our talents.*
- *There are ECK Masters with special talents and interests in animals, healing, researching spiritual questions, and more.*
- *What kind of ECK Master would you be?* (Listen to their answers and lead discussion).
- *You'll get to use the puppet you make to share a story about your future self as an ECK Master, where you make something easier for someone else and/or you are giving back to life by doing what you love to do.*

### Supplies

- ☐ Handout: How to Make a Rod Puppet
- ☐ Cardboard cones
- ☐ Cardstock cutout faces
- ☐ 6-inch and 8-inch dowel rods (wooden sticks)
- ☐ Construction paper
- ☐ Paper clothing templates
- ☐ Yarn and/or string
- ☐ Markers
- ☐ Feathers
- ☐ Glue and tape
- ☐ Small copies of "Five Keys to ECK Mastership"
- ☐ Extra pre-made puppets
- ☐ Simple backgrounds for youth to choose from for their puppet shows (See Resource: Puppet Show Backgrounds)



## **Puppet Making** (see handout for instructions)

- *You can choose a background for your puppet show and use an extra puppet or two to help you tell your story.*
- Show youth the backgrounds and extra puppets.
- The Room Leader has youth form small groups. Youth work at tables to each create a puppet that represents themselves as the ECK Master they will be in the future.
- Group Leaders invite youth to chat with each other about their story ideas for their puppet shows and about which of the Five Keys to ECK Mastership their story demonstrates.

## **Puppet Shows**

- The Activity Leader has youth bring their puppets and either move to clean tables or sit in circles on the floor with their group.
- Group Leaders bring puppet show backgrounds and extra puppets for each group.
- Group Leaders have youth take turns presenting their puppet shows, which share their stories. If needed, a volunteer can perform as an extra puppet to help a youth tell a story.
- The Activity Leader and Group Leaders can invite youth to explore the “Five Keys to Mastership” by sharing how they notice a key in other youths’ stories.

## **Clean Up, Sharing, and Feedback** (15 minutes)

- Youth help clean up the room.
- Youth sit in a large group.
- Room Leader invites youth to share whatever they’d like to about their experience that afternoon.
- Room Leader asks for feedback on the activities they did that day, and ideas of what else the youth might want to do in future programs.

? Questions to ask can include but aren’t limited to:

1. What did you like doing today?
2. What could make it even better?
3. What kinds of activities would be fun?
4. What spiritual things would you like to learn about?