

BEAUTIFY DAY—A NEW ECK TRADITION

DEDICATE AND REVITALIZE

Spring and autumn are traditional seasons to refresh, renew, and rededicate ourselves to our goals of Self-Realization and God-Realization.

These are also key times for revitalizing the sacred ground around us.

WHAT IS BEAUTIFY DAY?

Beautify Day has been a special biannual event in the Temple of ECK calendar for many years. It's a joyful occasion where chelas express their love of ECK by gardening, weeding, washing windows, grooming the contemplation trails, and otherwise beautifying the Temple and grounds.

They also enjoy fellowship and a good meal!

AN ACTIVE SPIRITUAL EXERCISE

Sri Harold is extending this ECK tradition from the Golden Wisdom Temple in Chanhassen to all corners of the world. Every ECK chela can now participate in this active spiritual exercise! Share your love of ECK, and bring a shine to your part of the worldwide ECK community.

WHEN IS BEAUTIFY DAY?

The Temple of ECK holds these events on a Saturday in May and September each year. Each RESA will set dates, likely in May and September, for the Beautify Days in your area.

REACHING YOUR COMMUNITY

If your region does not have a Temple, an ECK Center, or an ECK reading room, there are other rewarding ways to participate.

For example, team up and beautify your community—clean up a roadside, or look for some other worthy project. Share ideas with your RESA, who will organize activities and obtain any permission that may be needed.

BRINGING IT HOME

You can also use this ECK occasion to give love and care to your contemplation areas at home. Wherever you do your spiritual exercises, read your discourses, or write in your journal, give special attention to renewal and cleanliness.

Do this with all your love and attention. Tip: Practice the Master's presence.

REACH OF THE ECK TRADITIONS

Openhearted celebration of the ECK traditions* creates beacons of Light and Sound all over the globe and affects the consciousness of the world. Do this in the name of the SUGMAD, the ECK, and the Mahanta.

And with gratitude for the gift of life!

*For an overview of other ECK traditions, see chapter 11 of *Welcome to the Wonderful World of ECK! Your Membership Guidebook*.



Nigeria (left): ECKists repair a major road and enjoy the results; Texas (center): San Antonio chelas earned their city's Beautification Award for their ECK Center and surroundings; Chanhassen (right of center): sprucing up the ECKANKAR Spiritual Campus; Canada (far right): "Adopt a Highway" program gets ECK help.

Etukudoh-Astrique, Carole Punt, Kristy Walker, Sharmaine Wittsick