

HOW TO CATCH UP on ECK Discourse Study



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- **First read this month's lesson once.** Get from it what you can.
- **Mark a key point** for reflection.
- **Later put your attention on that one passage** or idea, keeping your heart open and the mind out of it.
- **Listen to the MAHANTA** speak to your heart about the secret meaning of the passage.
- *Skim* one or two past discourses. Catch what you can, and move on.

See *Advanced Spiritual Living: ECK Discourse Study and Satsang Class* for how to get the most out of your ECK study.