

Satsang Intensives

TRUE CONTEMPLATION OF THE ECK WORKS

We know that the words of the outer teachings are instruments of the Mahanta to unlock the chela's heart so he can enter into the secret kingdom.



—Sri Harold Klemp,
ECK Arahata Book (EAB), p. 24



THE MISSION



The purpose of a Satsang intensive is to deeply explore the ECK works, such as a passage, an article, a Q&A from the Master, a quote from the *Shariyat*—anything currently published, from Sri Harold or Paul Twitchell, that invites true contemplation with the Inner Master.

Copies of the text are provided to attendees, who are in circles of five to seven.*

YOUR ROLE



Your mission as Arahata is to provide the setting for the connection to be made between the chelas and the Inner Master. See *Arahata Keys for Satsang Intensives* for personal guidance from the Master to help you prepare.

OPENING AND HU

The Satsang opens with introductions, defining the mission of the intensive as Satsang with the Inner Master.

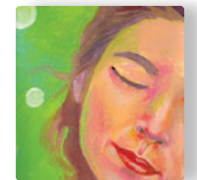
This is followed by a HU song of two to five minutes. You can describe how the HU is a time to prepare the heart for revelations from the Mahanta. Attendees are listening for the musical rhythm of the Heart.



READING AND REFLECTION

Allow time—ten or more minutes—for reading and reflecting on the passage to be explored. Convey that the passage is an expression of the Living Word, given from the Master as if he'd just written it in the moment for each person.

Chelas can write thoughts and questions, or even sketch a quick image—whatever comes to the mind and heart.



Satsang Intensives

SHARING AND DISCUSSION



When they're ready, chelas can share what they'd like to with others in their circle. Ten to twenty minutes should be allowed for this discussion.

Several minutes before closing this first discussion, let the chelas know there are five or so minutes left. Ask that time be given for everyone's heart to be heard—all who want to share.

OPEN SHARING

Five to fifteen minutes of open sharing allows chelas to present discoveries or questions with the whole group.

Use your key Arahata skills. Allow for personal expressions of understanding, and help keep the consciousness on track with the mission.

* Please add the following brief copyright statement to the copies you distribute:
"Excerpted from [title of book or ECK publication] by Harold Klemp [Paul Twitchell] © [date] ECKANKAR."

ADDITIONAL FOCUS ELEMENTS

You may

- play and discuss a relevant audio or video clip from the Master,
- offer questions you've prepared, or
- present a relevant spiritual exercise from the ECK works.



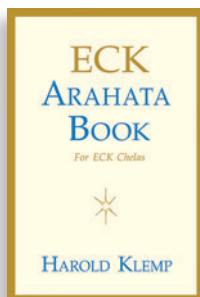
KEEPING A RHYTHM

Arahatas can lengthen the times given as needed, tuning in to the chelas' needs and experiences and keeping a good rhythm. Listen to the Mahanta as he guides you moment by moment.



GOING DEEPER

Ten to fifteen minutes before the end, lead a closing HU chant. Introduce it as part of a contemplation exercise to ask the Master for a yet deeper look at the Satsang theme. Generally, this is for each chela's own personal insight. Allow time for journaling and quiet reflection.



The greatest resource for setting the spiritual tone of these events is the *ECK Arahata Book*, by Sri Harold.

In it he says, "Accept the love that the Mahanta showers upon you with every heartbeat. Then go to class, listening to the ECK as It speaks through all those who are receptive to It."

And the grace of the Mahanta will shine in you!