

With the recent changeover to our new Living ECK Master Doug Kunin, the dramatic and often catastrophic changes globally, and even significant and unexpected changes in our personal lives, we may wonder why so many major changes are occurring on multiple levels — and all at the same time! The comfortable life we once took for granted is starting to shift to a new “normal”. The outer moulds are crumbling, as they must, and our flexibility, adaptability, and faith that all is as it should be, are being put to the test.

But what is change? There are many definitions and contexts in which the term can be used. As an ECKist, my personal preference supports the following — *to become different in some particular way without permanently losing one's former characteristics or essence.*

However, the ECKOPEDIA notes: *We are changing, and we are changeless. The outer part of us is always undergoing change, but the True Self, Soul, is changeless.*

Furthermore, it goes on to confirm: *Conditions in the worlds of time and space will always change at some point; there is no stability here, as the positive and negative streams are in constant interplay.*

Many considerations remain:

- Where and how does change fit into your inner and outer life?
- How are you reacting to the recent change of Living ECK Master?
- How are global events affecting you?
- How are you dealing with changes in your personal life?

This time for change will require our extensive inner exploration and flexibility as we enter the first quarter of a new sixty-year cycle — “*The Days of Light and Hope*”. As always, Kal’s grip on the world consciousness will remain as tight as ever.

In *The Spiritual Laws*, page 7, Harold Klemp states: *Everything in life is about change. Yet it is mostly your ability to change your consciousness to the needs of the moment that counts above all. Graceful change of that sort will keep you spiritually young for all time.*

Take a moment to reflect on the following story, *The Lost Watch*, and how its owner adjusted to what at first appeared to be an unfortunate occurrence, but actually ended up initiating a new and more productive attitude.



**The Lost Watch** - *Once upon a time, there lived a businessman named Tom who never left home without his gold wristwatch. This watch, an heirloom from his grandfather, was more than just a timepiece. It symbolized Tom's relentless race against time, his striving to make the most of every moment in a world that never seemed to stand still. One day, during a busy train ride, a careless movement caused Tom to lose his precious watch, and it vanished without a trace.*

*Initially disturbed by the idea of being without his watch, Tom soon found himself in a strange state of liberation. Without the constant checking of his timepiece, he began to see the world around him with new eyes. He noticed the deep orange glow of the sunset, the warm smile of the barista preparing his morning coffee, and the soft sounds of children's laughter on their way to school. These small but significant moments had previously found no place in his appointment-driven world.*

*These days without a watch taught Tom a valuable lesson about mindfulness. He learned that true life happens in the now, in the quiet moments we so easily overlook. The constant worry about the future and the regrets of the past began to fade as Tom realized how rich and fulfilling each moment can be when truly experienced.*

*When Tom finally bought a new watch, it was nothing more than a simple accessory, no longer a symbol of the race against time. He had realized that life's true treasures lie in the moments we consciously experience, in the stillness we find within ourselves when we pause and simply be. Tom decided to consciously set aside time each day to live in the here and now, to perceive and appreciate the world around him. This change not only enriched his days but transformed his entire being as he learned to embrace the present and discover the beauty in life's small, everyday things.*

As we have seen in Tom's case, change that at first appeared as a curse, later appeared as a blessing.

*May the Blessings Be,*

*Horst*

