

2025 Tennessee Regional Seminar



All activities in the Neyland Ballroom unless otherwise stated. (See map below)

Youth Program will be held in the Terrace (See detailed Program below)

4:00 pm Registration Opens – will hand out Raise Your Spiritual IQ Journal to all newcomers

4:00-7:00 pm Collect questions from attendees checking in (to be used in Q&A session) ([Karen](#), [Donna](#))

Friday evening session

6:00-6:20 pm 20-minute HU song open to all attendees ([Alicia Hodson](#))

6:45-7:00 Prelude showing Youth Videos about HU on screen

7:00 pm Main program starts Theme “The Power of HU” ([MC Al Geist](#))

7:00-7:10 pm Welcome Introduction to Seminar, and to Sri Harold video ([Seminar Director](#))

7:10-7:20 pm Sri Harold Video clip talking about the HU

7:20-7:25 pm Opening HU ([MC](#))

7:25-7:45 pm RESA Panel: “Soul’s Connection to the Voice of God” ([All the RESAs attending](#))

7:45-7:50 pm Creative Arts: “Soul Exists because God Loves It!” ([Jackie Schlicher](#))

7:50-8:10 pm Talk: “How to Become a Co-Worker with God” ([Aubrey and Arlene Forbes](#))

8:10-8:20 pm Meet your neighbor and stretch break

8:20-8:45 pm Q&A session with our Guest Speaker ([Yves Brooks](#))

8:45-9:00 pm End session by having Guest speaker give “And Now to Raise Your Spiritual IQ” presenting two exercises to try overnight “Connect with the God Current” and Treasure Within” from the IQ journal (page 1 and 6) ([Yves Brooks](#))

Saturday morning session

7:50-8:10am 20 min High Initiates Chant ([Donna Link](#))

8:30-8:50am 20 min 20-minute HU Song Open to All ([Carol Williams](#))

9:00am - Main program starts with two parallel sessions (Summit room divided out)

9:00-10:00 Satsang Intensive "Consciousness Nine" Chela-only in Volunteer room ([Yves, Dan](#))

9:00-10:00 Workshop "How to Stay Spiritual in Our Times" open to all in Summit room ([Al Geist](#))

10:00-10:30 Break

10:30-11:30 Workshop "Letting Your Inner Light Shine, Keys to a happier life" ([Ken Lingo, Penny Panoulas](#))

11:30-11:45 End with "And Now to Raise Your Spiritual IQ" read two more exercises "Doorway" and "Holy Ground" (page 14 and 22) from the IQ journal ([MC](#))

12:00 – 1:30 Lunch (Supplied by Seminar – Served in Terrace area)

Saturday afternoon session Spiritual Keys Fair ([MC Donna Link](#))

1:30-1:50 Saturday afternoon small group workshops

Introduce each of the 6 Exciting workshops ending with a short HU to ask inwardly which workshop(s) to attend.

The six Workshop Topics

- Past Lives, ([James Wall](#))
- Dreams, ([Jim Kohl](#))
- Soul Travel, ([Dino Orucevic](#))
- Light and Sound – How God Speaks to Us ([Jackie Schlicher](#))
- Inner and Outer Guide – The ECK Masters ([Dana Lowe](#))
- ECK Vidya The Ancient Science of Prophecy ([Dan Sailer](#))

1:50-2:00 Attendees find their selected table and get settled in

2:00-2:45 six small group discussion-workshops that consist of a mixture of presentation material, discussion, and spiritual exercises.

2:45pm-3:30pm **30 min break and casual discussion time and 15 min to settle into next workshop**

3:30-4:15 Repeat same six small group discussion-workshops with different group of people.

4:15-4:30pm 15minute break and casual discussion

4:30-4:50pm End with "And Now to Raise Your Spiritual IQ" presenting two more exercises "Create a Brighter World" and "An Edge for Health" (page 30 and 38) from the IQ journal ([MC](#))

Dinner (on your own)

Saturday Evening session Theme Spiritual Keys to a Happier Life (MC Dana Lowe)

7:00pm-7:05 pm HU Song (MC)

7:05-7:10 pm Creative Arts (Angelo Santa Maria)

7:10-7:30 pm Panel Opening your Spiritual Toolbox (Lou Ann Owens, Ameerat Bello, Rick LeBeau)

7:30-7:50 pm Talk The subtle golden thread of Love (Aisling Hagan)

7:50-8:00 pm Creative Arts (Nancy McGimsey)

8:00-8:25 pm **Keynote by Guest speaker** with topic of title of the seminar

“Let Your Inner Light Shine—Spiritual Keys to a Happier Life” (Yves Brooks)

8:25-8:35 pm **Evening session ends with Guest speaker giving “And Now to Raise Your Spiritual IQ” presenting two exercises “The Golden Cup” and “Dream Dictionary” (page 10 and 26) from the IQ journal to try overnight** (Yves Brooks)

Sunday Morning session Theme Light of the World (MC Al Geist)

9:00am 20 min HU open to all attendees (Karen Zaft)

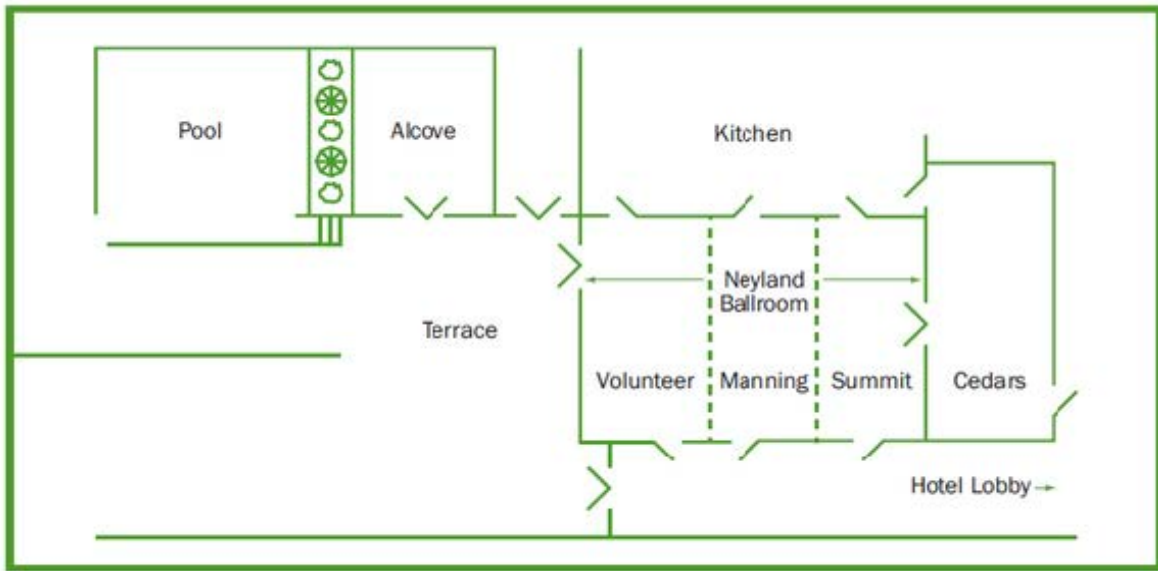
9:30-9:40 MC goes over a summary of what was covered during the weekend

Audience participation and input on what they have learned

9:40-9:45am Creative Arts (Ameerat Bello)

9:45-11:00am Workshop “Sharing Your Light with the World” (Al Geist, Ann Marie Murphy)

11:00 Adjourn



2025 Tennessee Regional Youth Program



You are invited to the
2025 Tennessee Regional Eckankar Seminar
Youth Program (ages 5-17)

Let Your Inner Light Shine

Spiritual Keys to a Happier Life!



(Director Kate Hagan)

ECK Youth Program Schedule

Friday Night 7:00 pm - 9:00 pm: The Key of Gratitude

"The power of gratitude opens the heart."

7:00 Welcome, HU, Overview

7:15 Gratitude Journals

7:45 ECK Master Highlight: Meet Rebazar Tarzs

8:00 Count Your Blessings (p. 13 The Wonder Within You)

8:15 Spiritual Keys in a Jellyfish Bracelet

8:45 Closing Circle Discussion

9:00 Session ends

Saturday Morning 9:00 am - 11:45 am: The Key of Truth

"See your true reflection."

9:00 Welcome, HU, Overview

9:15 Build Your Dreams in a Vision Board

10:00 ECK Master Highlight: Meet Kata Daki

10:15 The Pool of Truth (p. 146 The Wonder Within You)

10:30 Scavenger Hunt for Spiritual Keys

11:15 Theme for lunch: The Key of Service

"Find new ways to be of service."

Be a Lighthouse to Others (p. 259 The Wonder Within You)

11:30 Closing Circle Discussion

11:45 Session ends

Saturday Lunch: Be a Lighthouse to Others

Optional to eat together



ECK Youth Program Schedule

Saturday Afternoon 1:30 pm - 4:50 pm: The Key of Awakening

"Awaken the God knowledge within you."

1:30 Welcome, HU, Overview

1:45 Create Spiritual Keys by Sculpting with Model Magic and Painting From Within

2:30 Your Cup of Living Water (p. 156 The Wonder Within You)

2:45 ECK Master Highlight: Meet Lai Tsi

3:00 Games & Free Time

3:30-4:15 teens may join main program discussion-workshops

4:20 Clean Up

4:35 Closing Circle Discussion

4:50 Session Ends

Saturday Evening 7:00 pm - 8:35 pm: The Key to Dreams

"Open yourself to the wisdom of your dreams."

7:00 Welcome, HU, Overview

7:10 Attend the Main Program

8:00 Return to Youth Room

8:05 Keeping a Dream Journal (p. 78 The Wonder Within You)

8:20 Closing Circle Discussion

8:35 Session ends

Sunday Morning 9:30 am - 11:00 am: The Key to Staying Positive

"Replace negative thoughts."

9:30 Welcome, HU, Overview

9:45 A Little Box of ECK (p. 40 The Wonder Within You)

10:00 Decorate the outside of your Little Box of ECK

10:30 ECK Master Highlight: Meet Gopal Das

10:45 Closing Circle Discussion

11:00 Session ends