



The ECKANKAR

Soul

Adventure

GUIDEBOOK

Questions? Answers!

Harold Klemp

The ECKANKAR
Soul
Adventure
GUIDEBOOK



This book has been authored by and published under the supervision of the MAHANTA, the Living ECK Master, Sri Harold Klemp. It is the Word of ECK.

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Harold Klemp



ECKANKAR
Minneapolis
Eckankar.org

The ECKANKAR Soul Adventure Guidebook

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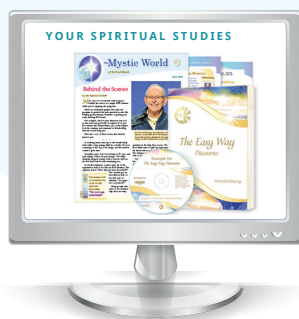
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Please Note

A version of this book is available
online at Eckankar.org >
Initiate Pages > Your Spiritual Studies.

It will include updates.



Welcome

This guidebook to the joys and benefits of ECK enrollment is to help you get the most from your new life on the path of ECK.



To make it easy for you, this book features the questions most frequently asked by newer ECK-ists and my answers to them, listed by topic. For some topics, I refer you to information and resources from Youth and Family Services, Student Services, and other areas.

Though you may enjoy paging through this book in one sitting, it's designed as a quick reference you can pull off the shelf when a question comes up. Whether you have a question on how to study the ECK discourses or want to find out what happens during an ECK initiation, this guidebook will serve you well.

A new world awaits you. Be willing to put a little time and effort and a lot of heart into the ECK teachings.

With much joy, I welcome you to the wonderful world of ECK!

Harold



Sri Harold Klemp

The MAHANTA, the Living ECK Master is the inner and outer guide for your ECK Soul adventure. The MAHANTA is an expression of the Spirit of God that is always with you.

1

What Is the Role of the MAHANTA, the Living ECK Master?

*A*s Soul, you have the God knowledge within you.

My main job is to awaken the knowledge and love for the divine things that are already in your heart.

You are Soul. You are a child of God.

And your spiritual destiny is to become a Co-worker with God, to spread divine love to all those around you.

How does the MAHANTA work with everyone at once?

As the Inner Master, I can be with all people in all places around the world. But only **if they are in agreement with the principles of ECK**. If you're in agreement with these principles of Divine Spirit, there is a bond between us, a connection.

In his physical body, the MAHANTA, the Living ECK Master is like everyone else and can only be in one place at a time. In the Soul body, however, he is like the air that you breathe. **The MAHANTA is an expression of the Spirit of God that is always with you.** The MAHANTA is everywhere. As the ECK, he can easily be with you and thousands of others in the very same moment.

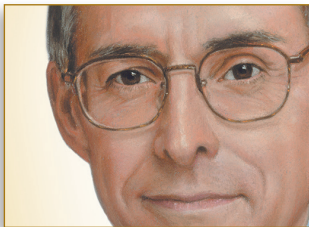
To put it another way, you can think of the Inner Master, the MAHANTA, as a spiritual body and yourself as one cell within it. Countless other cells are in it too.

As the MAHANTA, Divine Spirit, or the ECK, is able to work with you on a one-to-one basis. It can work with your strengths, it can work with you in your weaknesses.

It can help you just like a tutor—sometimes standing behind your desk, sometimes working with you at the desk. Then sometimes just being with you. Being with you at work, on a walk, in rush-hour traffic. This is what the MAHANTA, the Inner Master, can do and does.

What is the Darshan?

This is the Gaze of the Master, **the gaze that gives the love of God to people**, and has the power to uplift and heal all things.



There are two parts of the Darshan: meeting with the Master outwardly and being recognized by him,

What Is the Role of the MAHANTA, the Living ECK Master?

and meeting with him inwardly and traveling with him; seeing and being seen by him, and the enlightenment which comes with this act.

Does the MAHANTA help me with my mission in this life?

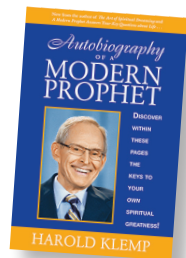
Each individual has the ability to someday gain the consciousness of God—not to become God, but to gain God Consciousness, or God-Realization.

First we develop Self-Realization. This is the self-recognition of truth: **to know who and what we are and what our mission in this life may be.** When we have achieved this state of consciousness, then our next goal is God-Realization and reaching the kingdom of heaven in this lifetime.

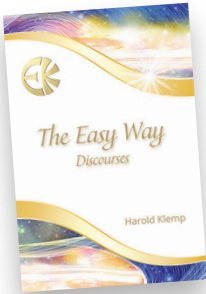
The MAHANTA, the Living ECK Master works to lift Soul to Its heritage of God Consciousness.

* * *

Autobiography of a Modern Prophet is my own story about the climb up the Mountain of God and attainment of God Consciousness. “Additional Study Resources,” pages 73–77, lets you know where to get this and other ECKANKAR books.



How can I get answers to my questions about life, love, and God?



Look under “This Month’s Spiritual Exercise” in lesson 1 of *The Easy Way Discourses* for The Easy Way, a spiritual exercise. The Easy Way technique is an opportunity in learning to rely on the Inner Master. Mentally ask your question while you’re doing the technique, and again **ask it before dropping off to sleep at night**. The answer will come, sometimes in an obvious manner. Other times it comes subtly—through the advice of a friend, a humorous anecdote, or as a symbolic dream that you develop the knack of interpreting for yourself.

List all your questions on a sheet of paper. A month later, review them to see if any have resolved themselves. **Do this with all your questions every month**, and send a report to me, if you like, regarding the results.

How does the MAHANTA help me resolve karma?

When someone first comes to the path of ECK, the MAHANTA, the Living ECK Master takes over the karma for this individual. The Master arranges it, puts it in neat little rows, and then gives it back.

One of the benefits of putting your spiritual life in the hands of the MAHANTA is that **much of your karma can be worked off in the dream state**.

People must pay their own debts. They must reap

their own rewards. I can't do that for them. No one can do it for them. In ECK, we don't have the concept of a savior, because we're not saving anybody from anything—unless we're helping people save themselves from themselves.

This is what karma is: doing it to yourself, and then complaining about others doing it to you.

With help from the Master, all of your karma can be resolved in this lifetime. You will be free of the wheel of reincarnation.

Can I contact the Living ECK Master?

If you want to write a letter occasionally, please do. I read many of these physically. **I read all of them as the Inner Master.**

At Eckankar.org, in the Initiate Pages area, you'll find a convenient way to send it online.

When you write your letter, **you're basically opening yourself up to the Inner Master** and saying, I've put my troubles down in front of me. I recognize these as problems, and I would like something to be done about them unless it's karma that is necessary to work off for my own spiritual unfoldment. Then I will accept that too. This is how you go about it.

As you learn to place your attention on the Inner Master, the MAHANTA will provide the answers you need.





Each monthly lesson offers you
a new measure of spiritual freedom.

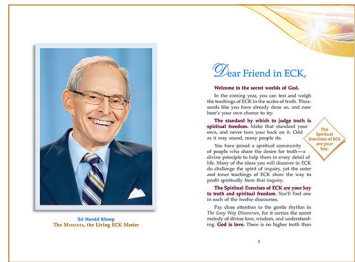
2

How Can I Get the Most from My Spiritual Living Courses?

Every month, explore your new lesson. The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner.

One discourse lesson at a time, the MAHANTA pulls away the veils that cloak the radiant light and freedom of Soul.

This gives you **strength to meet challenges of every kind**, reveals the power of the Inner Master’s presence, and brings confidence in yourself as Soul—a divine spark of God.



Keeping the Rhythm

Month by month, keep to the rhythm of your discourse. **It's matching your heartbeat to that of the Inner Master.** Spiritual transformation will be seen and felt in every part of your life.

Combined with the Spiritual Exercises of ECK, it is your lifeline to higher awareness and **preparation for the ECK initiations.** (See chapter 7.)

Tip: It's not important to feel that you've mastered the monthly spiritual exercise. Doing the exercises on a daily basis naturally opens the door to the Light and Sound of God in ways that are just right for you.

What do I do if I've fallen behind in my personal discourse study?

- 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.

How Can I Get the Most from My Spiritual Living Courses?

Can I study my discourses online?

Yes! The courses are available online, along with the audio excerpts and any additional readings needed.

You can access them at Eckankar.org > Initiate Pages > Your Spiritual Studies.





Try setting a specific time
and place for this daily appointment
with the Holy Spirit.

3

How Do the Spiritual Exercises Help Me?

When you start to do the Spiritual Exercises of ECK, the Light and Sound of the Holy Spirit begin to enter you through an invisible communication line, and changes come about in your personality.

You become a more independent, thoughtful, self-motivated individual, because **you are taking the first steps toward self-mastery**. And self-mastery means you are in charge of yourself.

You will find that your connection with the Inner Master and the ECK grows stronger with the practice of the Spiritual Exercises of ECK. Day by day, you will realize more clearly the love of the MAHANTA for each Soul in the worlds of God.

In time you will understand that you no longer walk alone, for the Inner Master serves as your constant guide and companion.

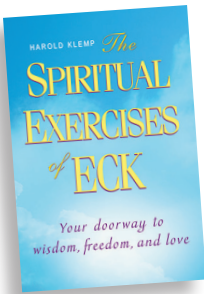
When should I do my spiritual exercises?

I always recommend that people do their spiritual exercises every day. But they should be done with **a sense of excitement and anticipation.**

If you practice the spiritual exercises on a regular schedule, like a meal, you'll get the inner nourishment you seek. Try setting a specific time and place for this daily appointment with the Holy Spirit.

Should I stick to one spiritual exercise or try several?

If you eat the same food every day for two weeks, it can get pretty dull. You may enjoy it the first day, and the second day is all right. But by the second week, you're tired of it. **So you experiment;** you experiment with something new.



It's the same with the spiritual exercises. You experiment with them; you try new things. **You're in your own God Worlds.**

I've gone to different extremes with the exercises, trying very complicated ones I developed for myself, dropping them when they didn't work anymore.

It's like a vein of gold running through a mountain. You're on it for a while, then the vein runs out, and you have to scout around and find another one.

Are we learning something new every day from

what we're doing? Are we getting insight and help from the inner? This is what we ought to be working for.

How do I keep my mind from wandering off during contemplation?

Paul Twitchell, the modern-day founder of ECKANKAR, once wrote that the mind likes to jump around like a monkey.

First of all, don't worry about it.

Second, entertain your mind during the Spiritual Exercises of ECK. Do an exercise a slightly different way each time. **Let the mind play.** Remember who is watching your mind play: the real you (Soul). Come to that realization during your spiritual exercise, and you will realize that Soul Itself is calm and doesn't jump around.

It's hard to get the mind absolutely still. But by suddenly knowing that you, the watcher (Soul), are still, the antics of the mind won't upset you anymore.



Gain a broader view to recognize your own success with Soul Travel, dreams, and the Spiritual Exercises of ECK.

4

What Is an ECK Satsang Class?

Satsang class is a spiritual forum for ECK chelas led by an Arahata (a teacher of ECK classes) to review the ECK Spiritual Living Courses together. The size of the class is usually from three to twelve members.

In class, you will be exploring a lesson you've already studied.

What's in it for me?

The Satsang class is a spiritual laboratory. It is a place where chelas (spiritual students), new and old, are invited to explore a wide range of ECK ideas. The purpose of Satsang is to **help each person find his or her own relationship with Spirit.**

Satsang offers you the opportunity to hear the ECK speak in a personal way to you and to others in the class.

You can share experiences, ask questions, and learn ways to find your own answers.

One of the benefits of being in ECKANKAR is simply being with a group of people who have had experiences in life that are not ordinary or commonplace. Experiences with the Light and Sound of ECK.

You've had a lot of different experiences and have insights into life that the average person does not have. And so you can talk about things with each other that people outside of ECK would consider on the far side. But these are some of the facts of life.

Through these shared experiences and insights, you'll gain a broader viewpoint and **recognize your own success with Soul Travel, dreams, and the Spiritual Exercises of ECK**. You can realize the many ways the MAHANTA, the Inner Master gives you guidance and how each lesson relates to you and your life today.

Most of all, the Satsang class will help you share the MAHANTA's love for you as Soul—a love greater than words can express.

What is the role of Satsang?

The ECK Satsang class is a supplementary path of unfoldment with many spiritual benefits for the ECK chela.

Satsang class is a review, so you will find that your class is on a different lesson than your personal course study.

Here's how to prepare:

- Go over or skim the Satsang lesson a few days before your class.
- You can also revisit the spiritual exercise from the Satsang lesson on days leading up to the class.
- The last thing to do before stepping out the door on the way to class is a spiritual exercise.

This inner and outer preparation attunes you to receiving the MAHANTA's highest gifts of insight, joy, and divine love during class.

Bring your questions, share key realizations and experiences, and **be inspired by the journeys of others**. The MAHANTA offers rich experiences and new perspectives with every class.



Heart and Soul

The **Satsang review does not replace your monthly personal study**. So you'll want to keep up your sacred rhythm with the Inner Master via your enrollment lessons and the Spiritual Exercises of ECK.

Together, they are the heart and soul of advanced spiritual living.

How do I join a Satsang class?

For information on how to join a Satsang class, check your local ECK newsletter or

website, or call your ECK Center or class coordinator.

You can ask if there's a Satsang class open or if it's possible to get one started in your area. You can also ask to visit a class one time and experience what it's like.

If you do not know who to contact in your area, see page 73. You can also call or write Student Services at the ECKANKAR Spiritual Center, (952) 380-2222.



Every child has their own special link with the Divine.



5

Are There ECK Programs for Youth?

Each Soul who comes into a family is different. I'm sure you've seen it yourself. Some children may need only a brief explanation of the ECK principles. They act like they are being **reminded of things they already know**. Others may need a full introduction to these brand-new ideas. They seem to gradually open their eyes to a world of spiritual truth as you watch.

Every child has their own special link with the Divine.

Are there Spiritual Living courses for youth?

Yes. The ECK youth courses help young people find answers to their questions about life and provide spiritual education. They are for youth ages three through seventeen.

Each course has twelve monthly lessons that **address the spiritual opportunities and challenges**

youth face today. At the end of each month's lesson are exercises and activities to explore the spiritual topics even further.

Are there ECK publications for youth?

Letter of Light is a quarterly publication by, for, and about our youth in ECK. Its four colorful pages are packed with personal stories, spiritual experiences, and art from young ECKists around the world, along with word puzzles and fun activities that explore the principles of the ECK teachings.

Each issue also contains **a special column where I answer questions from youth.** Topics range from understanding dreams and past lives to ways to handle peer pressure and conflicts with friends and family, to discovering your spiritual mission in this life. **Youth can send in their questions at ECKyouth.org.**

Youth of all ages will enjoy this fun-filled publication, which **comes automatically to families enrolling with children.**



Anyone may subscribe to the Letter of Light. Call or write the ECKANKAR Spiritual Center to do so. Or visit ECKBooks.org.

Are There ECK Programs for Youth?

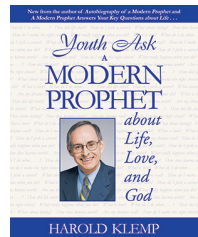
There are also a number of books specifically for youth.

The Wonder within You offers **Spiritual Exercises of ECK designed especially for teens**. It is filled with colorfully illustrated Spiritual Exercises of ECK to meet every spiritual need, journal pages, and inspiring quotes to help youth navigate and thrive in today's fast-changing world. Each spiritual exercise puts youth in the driver's seat of their spiritual adventures with the MAHANTA.



ECKANKAR also has numerous books for younger children. You may enjoy exploring the full library by visiting ECKBooks.org and selecting **“Youth & Family Books and Materials.”**

Another resource is the book *Youth Ask a Modern Prophet about Life, Love, and God*. This book is a compilation of twenty years of questions from youth around the world and my answers to them as the MAHANTA, the Living ECK Master.



* * *

The following information, from **Youth and Family Services**, answers key questions about youth activities.

Answers to Key Questions

Does my child need to start from the beginning of the youth-study-book series?



No, you can begin with the book most suited to your child's level of understanding. Unlike the adult courses, **no ECK youth study book is a prerequisite for another.** They are separate from ECK enrollment and are purchased as books.

At age eighteen a young adult can begin study of the adult courses, starting with *The Easy Way Discourses*.

Are there youth Satsang classes too?

There are! Youth Satsang classes offer a unique spiritual setting for youth to share their experiences and learn from each other.

If you would like to find out about youth Satsang classes in your area, contact your local ECK class coordinator, the Youth and Family Program director, or your Regional ECK Spiritual Aide (RESA). If you need help finding these local contacts, see page 73.

Can youth who aren't ECK students study the youth discourses and attend a youth Satsang class?

With a completed permission form from their parents, they are welcome to attend.

All of the youth study materials, including the courses, are available for anyone to purchase.

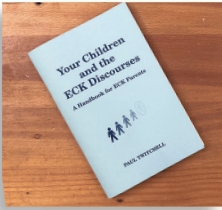


What can I do if there aren't enough youth in my area to have a Satsang class?

If it is not possible for a youth to be in a Satsang class, parents can still provide the Satsang experience.

A Satsang can be any spiritual gathering in the name of the ECK. You can also speak with your RESA to see if there are online Satsang opportunities available.

Families are encouraged to explore ECK together. The important thing is that youth have the opportunity to live in the Light and Sound of God by putting their attention on the MAHANTA and the ECK teachings.



The booklet *Your Children and the ECK Discourses—Handbook for ECK Parents*, by Paul Twitchell, is filled with suggestions and ideas for parents to help their children get the most out of their ECK studies and foster a strong connection with the MAHANTA. The booklet is available from the ECKANKAR Spiritual Center. “Additional Study Resources,” page 73, lets you know how to get a copy.

One way is to go to ECKBooks.org. It lists most of the study materials available for youth and adults.

What online resources do I have as an ECK parent?

Visit ECKparents.org. It’s a warm, inviting website—a place to find inspiration on how to support and raise children in the ECK teachings. You’ll find stories, resources, activities, and spiritual exercises you can do with your children!



What ECK activities are available for youth?

Many regions offer the following for youth and families, in person or online:

- ECK youth Satsang classes
- ECK Light and Sound Services
- ECK major and regional seminars with youth programs
- ECK youth book discussion classes
- Youth *Letter of Light* discussion classes
- ECK youth forums
These are small, open discussions on spiritual topics in ECK, open to youth under eighteen.
- ECK leadership and service opportunities
- ECK Rite of Passage study course

Here's how to find out more about ECK youth activities in your area.

Contact the Youth and Family Program director or your Regional ECK Spiritual Aide (RESA). See page 73.



Each stage of life is a rite of passage.

6

What Are the Four ECK Celebrations of Life?

These four ECK ceremonies celebrate Soul's journey through life.

ECK clerics (ministers) perform the ECK Consecration Ceremony, the ECK Rite of Passage, the ECK Wedding Ceremony, and the ECK Memorial Service.

They are at the heart of the activities of mankind. In one form or another, this has been the basis for what people do. As they go through life, they naturally enter these stages, and there is some kind of rite or celebration to help them.

Each stage is a rite of passage, a way of coming into being.

- **The ECK Consecration Ceremony**

We welcome Soul into this world with the ECK Consecration Ceremony.

This beautiful ECK ceremony blesses the en-

trance of the child into the ECK teachings in this lifetime. It allows family and friends to come together to dedicate themselves to leading the child in the ways of Divine Spirit.



The ECK Consecration Ceremony celebrates new life and **the beginning of a new phase in Soul's journey home to God**. It also celebrates the commitment of the parents to bring a spiritual awareness into the home and the life of the child. It is for infants and very young children. Older children can also have the service, but someone nearing age thirteen instead prepares for the ECK Rite of Passage.

Consecration means to declare sacred. It is dedicating yourself and all you do, say, think, and feel to God.

- **The ECK Rite of Passage**

With the ECK Rite of Passage, we celebrate the stage of life which begins as the child enters the threshold of adulthood, around age thirteen. But one may take it to perhaps age twenty-one.

This ceremony celebrates the youth's **personal commitment to the ECK teachings and growing awareness of his or her true spiritual nature**.

The ECK Rite of Passage normally follows a preliminary meeting by a member of the ECK



clergy with the youth and parent(s) and **often a period of spiritual training** for the youth. Some areas offer spiritual training classes for the youth in preparation for the ceremony.

A special guidebook, *The ECK Rite of Passage Youth Study Guide*, is available to help young ECK-ists prepare for this unique ceremony. For information on how to get a copy, see “Additional Study Resources” in the back of this book.

- **The ECK Wedding Ceremony**

We celebrate marriage with the ECK Wedding Ceremony. It can also be a renewal of vows by a legally married couple.

This celebration of life occurs when we find our complement in another person. **When two people come together with pure hearts, their marriage is filled with the ECK (Holy Spirit).**



This lovely wedding ceremony establishes this bond between two people (includes same-sex couples wherever permitted by law), setting them firmly on the path toward greater mutual understanding and love.

- **The ECK Memorial Service**

This ceremony honors Soul's departure from the physical plane **to continue life in the God Worlds of ECK.**

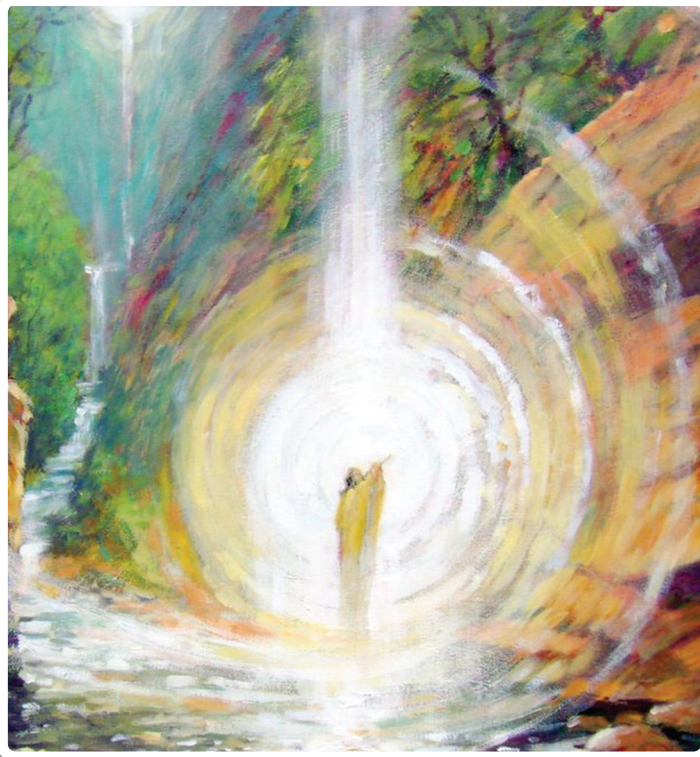


When a loved one translates into a higher realm of existence, leaving the physical realm behind, it's a time for those who remain to honor this Soul's continuation, to celebrate eternal spiritual life.

This ceremony celebrates the continuity of life and the presence of the MAHANTA at all levels of existence.

Can I know what's in each ceremony?

There is a booklet for each of the four celebrations of life that details the complete ceremony. These booklets are available from the ECKANKAR Spiritual Center at a modest cost. "Additional Study Resources," at the back of this book, lets you know how to get them.



The Light and Sound of God
has put a greater light
to Soul than ever before.

7

What Are the ECK Initiations?

The ECK initiations are among your most valuable aids on this direct path to God. There is never a charge for the ECK initiations.

Initiation offers transformation.

The MAHANTA, the Living ECK Master **links you with the Sound Current, and you receive your own secret word.**

This word is a tuning fork—a master key to your spiritual progress.

It is a gift from God.

Initiation opens you to a greater stream of love, wisdom, and power. It brings more spiritual purity. More awareness.

Life-changing blessings await you.

- You are freed from the wheel of incarnations in

this physical world.

- Your karma is taken over by the MAHANTA, the Living ECK Master and given back to you to work off in an orderly manner, sometimes in the dream state.
- You can receive advanced Spiritual Living courses and special inner and outer training toward your first key spiritual goal of Self-Realization.

How does the initiation occur?

The MAHANTA gives the First Initiation inwardly, in the dream state, during your first year of ECK study.

The Second Initiation **is both an inner and an outer ceremony.**

The Master will send you an invitation—a pink initiation slip for you to present to an ECK Initiator. You meet with the Initiator in a private, quiet place for about an hour.

It is always the MAHANTA who gives the ECK initiation. The Master selects and trains ECK Initiators to help with the outer initiation as his humble vehicles.



What happens during the ceremony?

The ceremony is a sacred spiritual event of simplicity, grace, and beauty. It brings you closer to the ECK, the Holy Spirit.

During the ceremony the Initiator gives you your personal secret word. **It fits your vibrations and opens your Spiritual Eye.**

You will do a short spiritual exercise. It is much like those you already do at home.

What is the commitment I am making?

You are dedicating your spiritual life to the Holy Spirit, the divine ECK, and accepting the guidance of the MAHANTA, the Living ECK Master.

In return, the MAHANTA will help you see the **spiritual opportunities hidden in every event and circumstance of your life.**

This life is your personal path to God.

How can I remember my First Initiation if I don't recall my dreams?

Many people recall some part of the First Initiation, though others do not. Whatever the case, the MAHANTA gives it to all during their first year of ECK study.

This Dream Initiation occurs in a place you may visit again by singing *Alayi* (ah-LAH-ye) during a spiritual exercise. This word is for the physical plane.



If you sincerely want to learn about your Dream Initiation, sing this word daily for a month. **Keep a dream journal.** In the morning, allow an extra ten minutes in your schedule to jot down any impressions or dream memories, no matter how faint or silly.

Above all, be patient. Stick with this plan for a month. Soon you will catch a whole new outlook on the First Initiation and your relation to ECK.

When will I get the Second Initiation?

As you approach two years of study in the ECK courses, the Living ECK Master will send you a special letter inviting you to request the Second Initiation.

How will I know I am ready?

This invitation from the Master to request your Second Initiation comes when you are spiritually ready.

The gift is ready to be given and awaits your acceptance. You may take the initiation whenever you are willing.

What about other ECK initiations?

After the Second, a period of four to six years or more is established between each initiation, and **no one is to ask for an initiation beyond the Second.**

To do so stops one's spiritual growth, and it will not start again until the Master steps in.

There is no hurry in the worlds of God. All is in its right place, at the appropriate time. So relax and let God's hand touch you.

You can be really smart in head knowledge, but **you still have to put in your time**. It has to be done, because there are some things a book just can't teach you about living. Until you have this seasoning, you really don't have the understanding and compassion that one needs as he goes higher and higher in the ECK circles of initiation.



An ECK cleric's duties can include leading ECK Light and Sound Services and officiating the Four ECK Celebrations of Life.

8

Who Are the ECKANKAR Clergy?

Both men and women, Fifth Initiates or above, can be ordained into the ECK clergy.

All have been chelas of ECKANKAR for twenty or more years, during which they studied, faced life, and **lived the ECK works every day.**

That study is in-depth training in ECK theology. It is more schooling than most divinity students get.

In addition, the study of ECK is very practical in that it relates directly to the heart of daily living—unlike a divinity school, which may offer students a sheltered life for years.

* * *

The following information, from **Spiritual Services**, answers key questions about the ECK clergy.

Answers to Key Questions

What does an ECK cleric do?

A cleric's duties include leading ECK Light and Sound Services; wedding, consecration, and memorial services; and rites of passage. See chapter 6 for more about these four ECK celebrations of life.

An ECK cleric may also be appointed as an ECK Initiator and ECK Spiritual Aide.

What is an ECK Initiator?

The ECK Initiator is a member of the ECK clergy who has been appointed by the Living ECK Master to perform ECK initiation ceremonies. See chapter 7 for more on ECK initiations.

What is an ECK Spiritual Aide (ESA) and an ESA session?

The ESA is a member of the ECK clergy, is an Initiator, and is also specially appointed by the Living ECK Master to meet with individuals who wish personal spiritual assistance.

An ESA session, though not counseling, can help you find your own answers in challenging

situations through the personal guidance of Divine Spirit. It is of a sacred and confidential nature.

ESAs also lead roundtables on spiritual topics about the ECK teachings.

Are there fees for any of these services?

There are no fees for clergy services, but ECK clerics may accept donations to ECKANKAR.

How can I meet with an ECK cleric, Initiator, or ESA?

Contact the Spiritual Services coordinator in your area or your Regional ECK Spiritual Aide (RESA). (See page 73 to learn how.)

You may also contact Spiritual Services at the ECKANKAR Spiritual Center for the name of an Initiator or ESA near you.

You can also meet with an ECK Initiator or ESA at the major ECKANKAR seminars in Minneapolis, Minnesota, and at most regional ECK seminars around the world. Just go to the seminar Spiritual Services desk. Prior appointments are not needed.



The Temple of ECK is
an outer symbol for
the holy temple of God
within every heart.

9

What Is the Role of the Temple of ECK in Chanhassen, Minnesota?

The Temple of ECK is both a Golden Wisdom Temple and a local community church. It is a place for all people who love God and is the home of the ECK teachings in the physical plane.

The guardian of the Temple of ECK in Chanhassen is the Living ECK Master. **The Temple is a gathering place for inner and outer study.** Seekers of truth come here physically, in the dream state, in contemplation, and via Soul Travel to study the holy works of ECK.

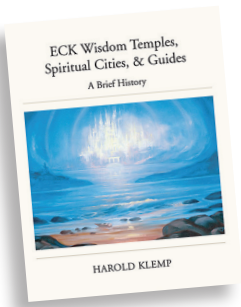
ECK Light and Sound Services are provided for the public and ECKists who choose to expand their states of consciousness. Introductory workshops and ECK classes, including Satsang classes, are also conducted here.

The Temple of ECK is the spiritual vortex on the physical plane from which the spiritual food of the

teachings of ECK will come to feed those who hunger for God.

The Temple of ECK is thus in the service of God. It stands as a beacon of divine Light and love, for both you and the world—a gift to all.

You can visit www.TempleofECK.org to see photos and a video of the ECK Golden Wisdom Temple and listen to Sri Harold Klemp share its benefits to Soul.



If you want to know more about Golden Wisdom Temples, see the booklet *ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History*. “Additional Study Resources,” at the back of this book, lets you know where to find this and other ECKANKAR books.

* * *

The following information, from **Temple Services**, answers key questions about the ECKANKAR Spiritual Campus.



Answers to Key Questions

What is the ECKANKAR Spiritual Campus?

The campus includes the Temple of ECK, the ECK Celebrations of Life Chapel, the ECKANKAR Spiritual Center, and several miles of spiritual contemplation trails that reveal the beauty of the 174 acres of property. You can view the campus on ECKANKAR's website at TempleofECK.org.

The campus stands at the crossroads of humanity's quest for spiritual freedom, at the spiritual center of the world. It is *your* spiritual campus. Visit it, walk the land and trails, come to the seminars in Minneapolis, renew yourself spiritually.

What is the ECKANKAR Spiritual Center?

The ECKANKAR Spiritual Center is the worldwide head-quarters for the myriad activities of the ECK mission for the world. These activities include producing and mailing the ECK study mate-



rials and introductory packets, planning and preparing seminars, maintaining the official ECKANKAR website, Eckankar.org, and many other spiritual programs.

From this spiritual center the Living Word—the MAHANTA, the Living ECK Master—brings forth the eternal message of spiritual liberation to the world.

What is the purpose of the outdoor ECK Celebrations of Life Chapel?

The ECK Celebrations of Life Chapel is all about bringing more divine love into everything we do. Love grows with each consecration, rite of passage, wedding, and memorial service.



The outdoor chapel with its surrounding gardens is a wonderful place to contemplate and enjoy the sacred grounds. Evening HU

What Is the Role of the Temple of ECK
in Chanhassen, Minnesota?

Chants are sometimes held in the outdoor chapel during the summer months. You are warmly invited to come, sing *HU*, and celebrate life!



Each tradition brings a spiritual blessing.

10

What Are the Traditions of ECK?

The following ECK traditions are occasions of special spiritual significance for the ECK community. Each brings a spiritual blessing.

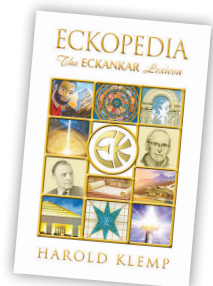
The Spiritual Years of ECK

Each new spiritual year, which begins on October 22, carries a specific theme. This gives **a focus to the spiritual direction and efforts of ECK Initiates** for the next twelve months.

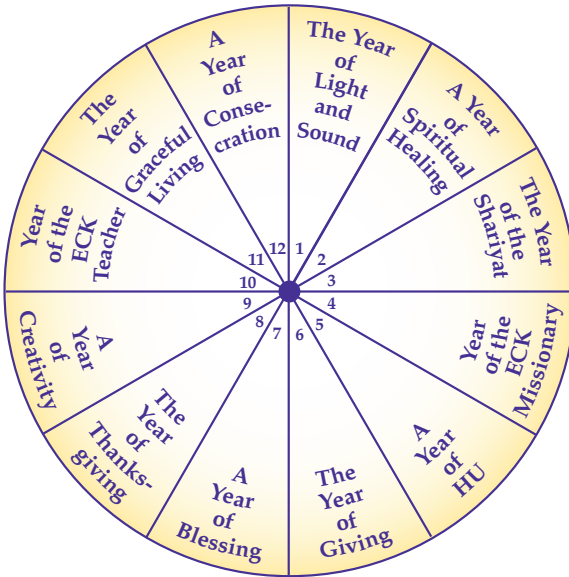
What are these themes?

The spiritual themes are shown in the circle on the next page.

ECKopedia: The ECKANKAR Lexicon explains the focus and direction of each spiritual theme in detail; look in the appendix under “The Spiritual



Years of ECK.” You can also read more in article 38 of *The Living Word*, Book 3, “The Spiritual Years of ECK.”



How can I know what spiritual year we're in right now?

See the diagram above.

The cycle of twelve years is synchronized to run in order beginning on October 22, 2001.

The cycle of spiritual years begins with The Year of Light and Sound.

What does the ECK Spiritual New Year signify?

October 22 marks the Spiritual New Year of ECK. Taking place in autumn, it signifies the high point or

spiritual harvest in the year's cycle. **It is a time of rededication.**

The ECK Spiritual New Year also celebrates the birth date of Paul Twitchell, the modern-day founder of ECKANKAR. Of more spiritual import, however, is the fact that it was on this day in 1965 that he accepted the Rod of ECK Power and became the MAHANTA, the Living ECK Master.

He came to help people find their way home to God in the most direct way.

So the Spiritual New Year is the beginning of a new, higher cycle for the coming year. Historically, **October 22 is the day that the Living ECK Master of the times receives the Rod of ECK Power** and begins his spiritual duties.

ECKANKAR Founder's Day



Founder's Day, another day that is gaining prominence in the ECK tradition, is September 17, the day Paul Twitchell translated—passed from the physical plane. It is also a time of respect for him as **a giver of the sacred Light and Sound.**

However, this quiet celebration is not intended to be a day of worship. An initiate may choose to take part in the significance of this day or not.

Harji Dinners

Harji is an affectionate nickname for me, as Paulji was for Paul Twitchell.

These Harji dinners are actually a combined spiritual and social function in the ECK community. They are occasions for thanksgiving—a **thankfulness for Soul’s having earned the right to recognize and accept the ECK path in this lifetime.**

The dinner provides a congenial setting of good food and company, where the principles of ECK can be discussed with visitors from the community in a light, informal way. It is also an event that bonds the ECK Initiates together in their **appreciation for each other as awakened lights** of the ECK consciousness.

Beautify Day

Beautify Day has been a special biannual event at the Temple of ECK 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.

An Active Spiritual Exercise

This ECK tradition now **reaches from the Golden Wisdom Temple in Chanhassen to all corners of the world.** Every ECK chela can 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 It Held?

The Temple of ECK holds these events on a Saturday in May and September each year. Your 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

Individual chelas or ECK families can also use this occasion to give love and care to 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.



Listen to promptings from the MAHANTA.

11

When People Ask, “What Is ECKANKAR?” What Do I Say?

It's best to keep it simple. One answer could be, “It's people trying to learn more about God.”

If they want to know more, you can point them to the FAQs (frequently asked questions) at Eckankar.org/faq. Or you might ask if they would like a book or brochure, if you have one to offer.

Here's where you must pay close attention. **Some people are satisfied with a simple answer.** Their eyes or face will say, “Oh!” They'll have just what they need.

Others want more. This second group will like knowing about the many free resources available on Eckankar.org, including the mobile HU app (HUapp.org), the *Eckankar Soul Adventure Podcast*, or the eBooklet series. ECK videos, talks, and music abound on ECKANKAR's official social media channels. ECKANKAR books or brochures might also be welcome.

Above all, **give those who ask about ECKANKAR no more than they want.** They'd be uncomfortable if they got too much too soon.

A more personal approach, if they want to know more, is to share one or two things you like about the path. **Has it helped you?** How?

Listen to promptings from the MAHANTA for guidance. Keep it simple and light.

How can I explain the MAHANTA to my peers?

First, try to determine the level of awareness of the listeners. Do they have a most general, offhand sort of curiosity? Then say the **MAHANTA's like a teacher or a coach.** He tries to show how to live a better life—even as a pastor, priest, or rabbi would.

If a questioner persists, ask questions of him like, “What religion do you follow?” “How does your pastor (or priest or rabbi) try to uplift church members?”

Listen carefully to the answer. In most cases, you can say, “My spiritual guide does that too.”

Let's say someone is very interested and is ahead of the others in understanding. You may direct that person to Eckankar.org. This way they can explore it at their own pace.

What if my spouse is not in agreement with my studying ECK?

Concerning situations where the ECK teachings bring a reaction in the home, it is better to step back

from the outer works and continue quietly by yourself until matters improve.

You will continue to receive the love and protection of Divine Spirit in spiritual matters as long as you want them.

Divine Spirit tends to hold families together whenever possible. I do not want a couple to fight over their different religious beliefs. Harmony in a family is a sacred thing.

What is the best way to explain the HU to a seeker?

I think the best way is to say It's a love song to God that can help you. In singing It or holding It in your mind during times of need, It becomes a prayer. It becomes a prayer of the highest sort. It means

we're willing to let the Holy Spirit take care of the affairs in our life according to the divine plan instead of our personal plan.



The power of HU can benefit everyone, whether they are Muslim or Christian or of any other belief. It doesn't change one's religion, but It will enhance it.

Let them know this: **Singing HU can help open your heart to God's love**; then you may find miracles happening in your life. If you like, offer a HU card, or suggest the free, interactive HU app, where they can hear thousands of people singing this sacred love song to God.



A few more questions?
A few more answers!

12

The ECKANKAR Organization

I hope you have enjoyed this brief tour of new opportunities for your spiritual growth and adventure.

* * *

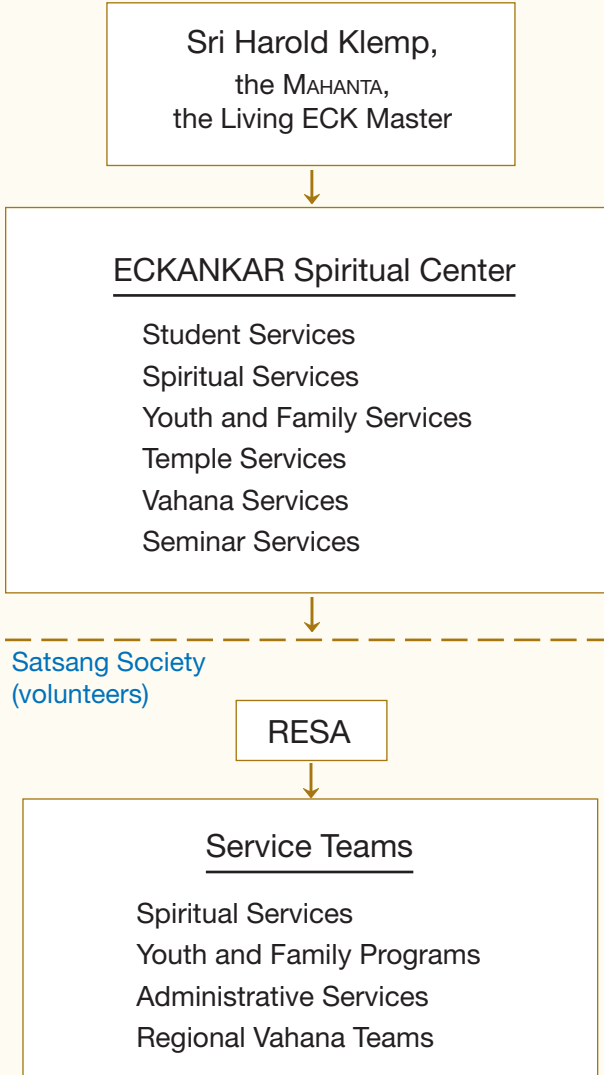
The following information, from the **ECKANKAR Spiritual Center**, may answer other questions you have.

How ECKANKAR Is Structured

ECKANKAR is a nonprofit religious organization and church. Affiliated Satsang Societies around the world handle ECK activities in their regions.

The chart on the next page shows key elements of the ECKANKAR organization.

ECK Organization



The MAHANTA, the Living ECK Master

Sri Harold is the spiritual leader of ECKANKAR. His duty is to lead Soul back to God. He can assist spiritual students physically as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master.

ECKANKAR Spiritual Center (ESC)

At the direction of the Living ECK Master, the ESC brings ECK materials and programs to the world. For example, the Spiritual Living Courses, books, recordings of the Master's talks, seminars, and the official ECKANKAR website.

The website offers a large variety of information and services for both ECK students and seekers. It's well worth your time to explore the site and take advantage of all the benefits (Eckankar.org).

See chapter 9 for more about the ESC.

Regional ECK Spiritual Aide (RESA)

A RESA is also an ECK cleric, Initiator, and ESA. He or she is appointed by the Living ECK Master and is his designee to bring the mes-

sage of the Light and Sound of God to seekers in a given country, state, or province. The RESA is responsible for coordinating all ECK activities and volunteers within his or her region.

* * *

The ECK organization in the region is called the Satsang Society, and its activities include the following service teams:

- **Spiritual Services**

Can help you with ECK classes (including Satsang classes), ECK Light and Sound Services, leadership trainings, initiations, ESA sessions, weddings, memorial services, consecration ceremonies, rites of passage, regional ECK websites, and ECK publications.

- **Youth and Family Programs**

Can help you with youth and family activities.

See chapter 5 for more about youth activities.

- **Administrative Services**

Can help you with ECK Centers and Temples, meeting places, and donations which are used for the ECK mission within your region.

- **Regional Vahana (Missionary) Teams**

Help others find ECK via introductory ECK events, posters, newspaper and online announcements, TV, etc. Perhaps one of these is how you first discovered and began to explore the ECK teachings.

ECK Volunteers

Those who serve in ECKANKAR uphold high spiritual ideals. These ideals are outlined in *Spiritual Duties of the ECK Volunteer*. This document is posted online on the Initiate Pages at Eckankar.org. Go to ECK Leadership & Guidelines > Guidelines for ECK Initiates. (You'll be asked to enter your ECK ID number and first name.) A printed version of the document is also available.



If you'd like to know more about an area of service, contact the local director or your Regional ECK Spiritual Aide (RESA). See page 73 to find out how.

Local ECK Activities

Discover the wonderful opportunities for spiritual growth and community in your region. You are warmly invited to join in and be

with other like-minded people on your journey home to God.

ECK Satsang classes

Special classes for ECK students to review the Spiritual Living Courses together. See chapter 4 for details.



ECK book discussion classes

Come share experiences, ask questions, or just listen as the group explores keys to spiritual freedom. These classes are led by a trained ECK teacher (Arahata).

Most ECK book discussion classes are open to the public. If yours is, you're welcome to invite friends and family who'd like to know more about the ECK teachings.

A book discussion class may be especially for adults (those eighteen or older) or especially for youth (a specified age-group, up through age seventeen).

Roundtables and ECK youth forums

Roundtables are small group discussions which focus on spiritual topics about the ECK

teachings. They are led by ECK Spiritual Aides (ESAs; see page 44).

ECK youth forums are similar to round-tables but are especially for young ECKists (under eighteen).

Mystic World and *Letter of Light* discussion classes

These classes discuss quarterly periodicals from the ECKANKAR Spiritual Center. The parts written by Sri Harold Klemm are the main focus of the class. The *Mystic World* comes with your ECK enrollment.



The *Letter of Light* is a youth newsletter (see page 24). The discussion class can be either for adults (those eighteen or older) or for youth.

HU Chants

A HU Chant (or HU Song) is a gathering to sing the ancient love song to God, the HU. It is simply for the spiritual upliftment of those who come and is not directed to any other purpose.

HU Chants for ECK students only can last

up to forty minutes.

The Sound of Soul event is open to the public, and the HU Song there lasts about ten to twenty minutes.

ECK Light and Sound Services



People from all walks of life gather at these services to celebrate a life lived in harmony with Divine Spirit.

The ECK Light and Sound Service is for the public and ECK students alike and is a great way to introduce friends and family to ECK. Many services include youth programs.

ECK regional seminars

ECK regional seminars bring inspiration and fellowship on your journey home to God.

They are held by Satsang Societies in various regions.

To see if there is a regional seminar (or another ECK event) coming up in your area, visit the ECKANKAR website (Eckankar.org > ENGAGE > ECKANKAR Near You).

Vahana (missionary) activities

All ECK students are welcome to join in sharing the spiritual benefits of the ECK teachings and the Light and Sound of God. There are many ways of letting others know about ECKANKAR.



ECKANKAR is offered respectfully and nonintrusively. The Living ECK Master teaches that we have as much to learn from others as to give. We acknowledge the important spiritual role of other religions and religious leaders. And we always respect the privacy, beliefs, and religious freedom of others.

* * *

Do you want to be a part of any of these activities in your region?

Contact the local director (or your RESA), and ask about anything you'd like to know more about. See page 73 to learn how to contact your RESA.

ECKANKAR

Spiritual Program



The ECKANKAR Soul Adventure Guidebook
ECK Arabhata Book

Way of the Initiate book and workshop
Karmabusters booklet and training
Spiritual Duties of the ECK Volunteer booklet and training
Arabhata Training
Be the HU: How to Become a Coworker with God
Handbook for ECK Leaders book and training

The Golden Leaf
Spiritual Duties of the ECK High Initiate
 booklet and training

Wisdom from the Master on
Spiritual Leadership: ECK Leader's Guide
 book (all volumes), workbook, and training
The Holy Fire of ECK (all volumes)
Riding for the ECK Brand



- Clergy**
- Clergy Training
 - Initiator Training
 - ESA Training

New Student

1

Second Initiation

3 4

Self-Realization

6 7 8 9 10 11 12

God-Realization

All

- Spiritual Living Courses
- *The Mystic World*
- Satsang Intensives
- Chela HU Chants
- Chela Meetings/Workshops
- Satsang Classes
- Seminars
- ECK Light and Sound Services
- Sound of Soul Events
- Four ECK Celebrations of Life

Additional Study Resources

Contacting the ECKANKAR Spiritual Center



online at **Eckankar.org**



call (952) 380-2222



ECKANKAR

Attention: Student Services

PO Box 2000

Chanhassen, Minnesota 55317-2000

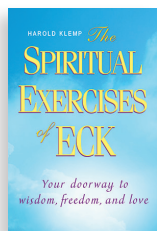
USA

Contacting your Regional ECK Spiritual Aide (RESA)

Check your regional ECK website or local ECK newsletter.* You can also call or write the ECKANKAR Spiritual Center (see above) and ask for your RESA's contact information.

* Many regional websites can be found at Eckankar.org > ENGAGE > ECKANKAR Near You.

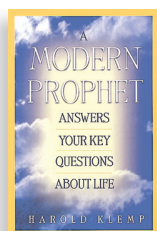
Books



The Spiritual Exercises of Eck

Harold Klemp

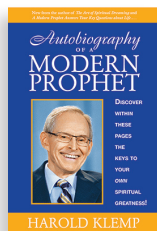
This book is a staircase with 131 steps leading to the doorway to spiritual freedom, self-mastery, wisdom, and love. A comprehensive volume of spiritual exercises for every need.



A Modern Prophet Answers Your Key Questions about Life, Books 1, 2, and 3

Harold Klemp

Sri Harold answers heartfelt questions from people looking for spiritual guidance on relationships, parenting, fear and worry, health, untangling karma, and much more.

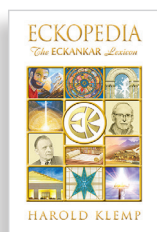


Autobiography of a Modern Prophet

(also available as an audiobook on CDs)

Harold Klemp

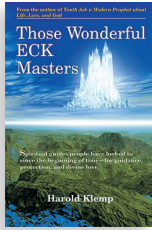
This riveting story of Harold Klemp's climb up the Mountain of God will help you discover the keys to your own spiritual greatness.



ECKlopedia: The ECKANKAR Lexicon

Harold Klemp

The ultimate companion book for all ECKANKAR literature. An easy-to-use guide to key spiritual terms and concepts.



Those Wonderful ECK Masters

(also available as an audiobook on CDs)

Harold Klemp

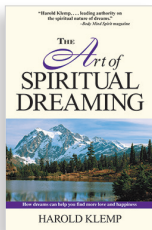
Would you like to have *personal* experience with spiritual masters ready to provide guidance, protection, and divine love? Enjoy real-life stories and spiritual exercises to meet the ECK Masters.



ECK Essentials

Harold Klemp

Your keys to spiritual living. These ECK essentials nourish, guide, uplift, heal, reveal, and strengthen the desire and resolve of Soul to reach Its sacred goals.

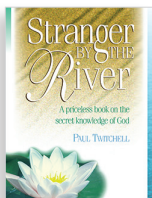


The Art of Spiritual Dreaming

(also available as an audiobook on CDs)

Harold Klemp

Dreams are a treasure. A gift from God. Discover how to find a dream's spiritual gold and how to experience God's love. Get insights from the past and future, grow in confidence, and make better life decisions.

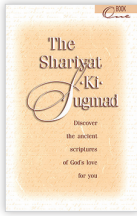


Stranger by the River

(also available as an audiobook on CDs)

Paul Twitchell

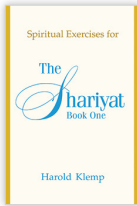
The poetry, sheer beauty, and magnificent wisdom in this book have the power to move you to great spiritual heights.



The Shariyat-Ki-Sugmad, Books One and Two

(also available as audiobooks on CDs)

The Way of the Eternal. These writings are the scriptures of ECKANKAR. They speak to you directly and come alive in your heart.



Spiritual Exercises for the Shariyat, Book One and Spiritual Exercises for the Shariyat, Book Two

(Book One also available as an audiobook on CDs)

Harold Klemp

The MAHANTA passes the secret doctrine of the Shariyat-Ki-Sugmad to the chela via the Spiritual Exercises of ECK. These exercises are portals to greater self-mastery, higher consciousness, and more clarity in your life-direction.

* * *

Places to request ECKANKAR study materials

- Local and online bookstores, including ECKBooks.org.
- Your local ECK Center
(Contact your RESA or the ECKANKAR Spiritual Center to see if there is an ECK Center near you. See page 73.)
- The ECKANKAR Spiritual Center (mail or phone; see page 73.)
- The ECKANKAR website (Eckankar.org)

- Local public library
(If they don't have the book, they may be able to acquire it for you.)

The ECKANKAR *Soul Adventure* GUIDEBOOK



A new world awaits you.

In choosing to become a student of ECKANKAR, you have begun the adventure of a lifetime. **Welcome!** This is your journey into the deepest worlds of God's love for Soul.

Within these pages are many excellent questions asked by new students, along with the Master's enlightening answers. Do you wonder how the MAHANTA can help you resolve your karma? Or how to get the most from the Spiritual Living Courses? Or maybe you have questions about the ECK initiations or the worldwide spiritual community of ECKists? The easy-to-use question-and-answer format puts quick, yet in-depth answers at your fingertips.

This guidebook is both a personal welcome to you from the Master and a handy road map to the amazing world of ECK. **Explore and enjoy!**



Harold Klemp
The MAHANTA,
the Living ECK Master
Spiritual Leader of ECKANKAR

ISBN 978-1-57043-555-3



Eckankar.org

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