

An ECKANKAR *Soul*   
*Adventure*



# Spiritual Stress Relief

Techniques and Inspiration  
to Survive and Thrive

“ *The purpose of divine love is to encourage your independence and ability to survive and thrive.*

**Sri Harold Klemp**

# WHAT IS AN ECK SOUL ADVENTURE?

**Spiritual experiences touch us** at the very core of our being. You are Soul—an eternal, unique, divine spark of God.



**As Soul, you have the God knowledge within you.**

**A Soul adventure can awaken you** to more of the love, wisdom, and creative powers already within you. And in the most natural and extraordinary ways.

**The word *Eckankar* means** “Co-worker with God.” It is the Path of Spiritual Freedom.

**This eBooklet offers** inspiration, stories, tips, and spiritual exercises for exploring a unique perspective on spiritual stress relief.

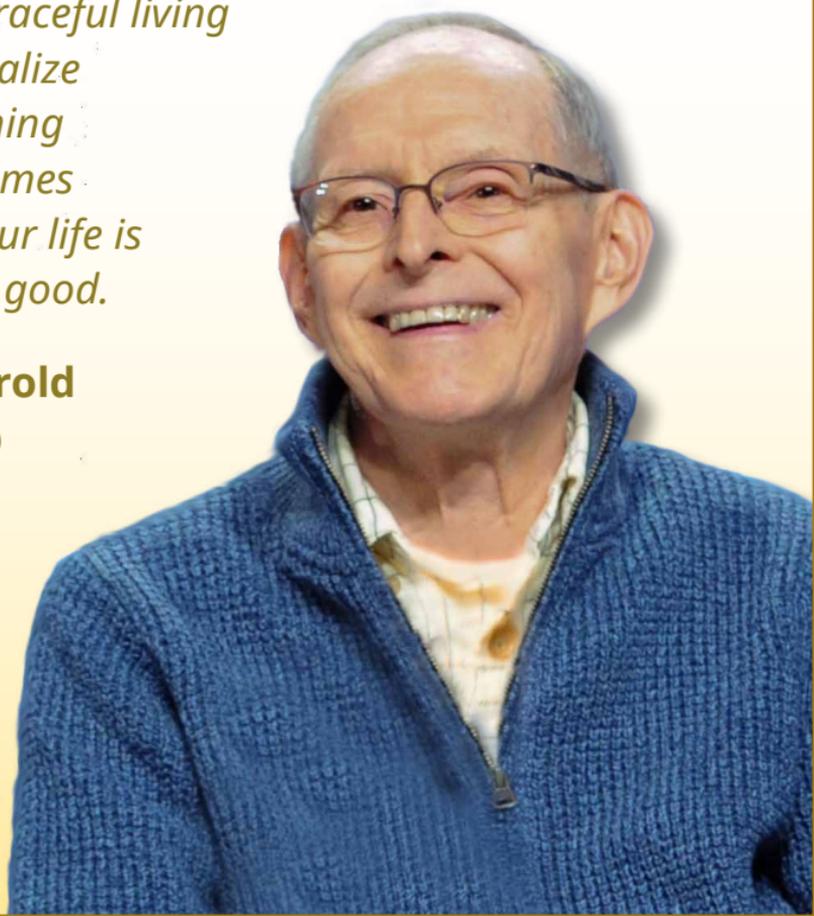
## MEET SRI HAROLD KLEMP

**Sri Harold Klem** is the spiritual leader of **Eckankar**—the Mahanta, the Living ECK Master. His role is to awaken the knowledge and love for the divine things that are already in your heart.

**He gives spiritual help via** talks and writings, in the dream state, and in the spiritual worlds.

“Graceful living is to realize everything that comes into your life is for the good.”

**Sri Harold  
Klemp**





# THE TENSIONS OF LIVING

By Sri Harold Klemp

There was once a Zen master. He had a small band of followers who looked to him for guidance. One of them had a small son. This son wanted a horse very badly. So, after some time, the parents were able to get the money together, and they got him a horse.

His friends said, "That's good!" But the Zen master said, "We'll see."

Some years later, when he was fifteen years old, the young man was riding his horse. As he was riding, he fell off and broke his leg. It mended poorly so that he always walked with a limp.

His friends said, "That's bad." The Zen master said, "We'll see."

Then the war broke out. Anybody who was eligible to be drafted was drafted. Young men from the neighborhood all had to go,

except for this young man who had injured himself during the fall from his horse.

So when the neighbors and friends heard the young man was exempt because of his leg, they said, "That's wonderful!" The Zen master said, "We'll see."

Tension. What did this Zen master mean? It didn't seem to bode well. But that's life.

The other day on the radio, I heard someone talking about a writer. He said the tensions of life are very real because no one knows what's going to happen in the next three hours. That's how it is when you don't know what's going to happen, what's to come. Life is a delicious morsel, because you never really know what's going to happen.

At certain times in your life, things are more up in the air than at other times. When they are, you're living on the edge. Your nerves are frayed, or sometimes you're being pushed too fast for what you can do. If you don't get it done, you wonder, then what? Because you don't know.



These are the tensions of living.

This is what the world is for. It's a place filled with such tensions. Why? Because it's the nature of karma. This is a schoolroom. It's a garden, really. It's a garden where everyone can grow spiritually according to his own lights.

**WHAT  
CHALLENGE  
IN YOUR LIFE  
HAS ACTUALLY  
BROUGHT YOU  
A BLESSING?**

Each of us here is growing—***unfolding*** is more proper—at our own spiritual pace. I'll even go so far as to say that the Holy Spirit is directing each of our lives. It will lead you, and has led you, into the very life and circumstances you need—the ones which are very good for you. You may not think so, but they're very good for you. Maybe not materially or emotionally or mentally, but spiritually they're very good for you. 🌿



## TRY A SPIRITUAL EXERCISE

# RELAX AND RESTORE

By Sri Harold Klemp

**The mind can overreact** to the rush of everyday living, leaving us on edge and out of sorts. We forget that help is as near as a few moments in contemplation.

**At least once a day**, let the Sound and Light of God enliven you with spiritual impulses. Gently sing *HU*, and the silent wind of God will enter the sacred temple of consciousness in your heart.

### How to Sing *HU*

**With eyes open or closed**, take a few deep breaths to relax. Then begin to sing *HU* (pronounce like the word *hue*) in a long, drawn-out sound: HU-U-U-U. Take another breath, and sing *HU* again. You can continue for up to twenty minutes.

**Sing *HU* with a feeling of love,** and it will gradually open your heart to God.

**Once tensions relax,** it is just moments until the healing current of Spirit begins to restore you.

“ *HU represents the enormous love that the Creator has for Its creation.*

**Sri Harold Klemp**

# HU

Sacred Sound—Ancient Mantra



# NOWHERE TO GO BUT UP

By David Simon

My job as a helicopter pilot for the Department of Natural Resources in Washington State was quite routine—unless there was a forest fire. One afternoon, I was called to help put out a blaze roaring out of control.

All went well. But suddenly, during my third trip into a remote canyon to drop a bucket of hundreds of gallons of water, the wind shifted.

As I released the water onto the fire and pulled hard to climb out of the canyon, the helicopter balked. I pulled all the power I could, mindful of the steep canyon walls and the fire below. Blades churning uselessly, the helicopter failed to respond. I could see the fire below me.

As I slipped closer to the canyon wall and an inevitable crash, I realized the odds of making it out alive were practically nonexistent.

The helicopter was now inches from the wall.

**OK, Mahanta,** I thought, focusing on the divine love of my spiritual guide.

***If it's my time, at least I get to go doing something I love.***

**EVER  
TRY TO LET  
GO OF A  
SITUATION  
AND LET LOVE  
HANDLE IT?**

Just as I spoke these words of surrender, a force took hold of the helicopter. Suddenly it was scooped up as if by a giant hand, like a child lifts a toy. The aircraft rose over the canyon rim, away from the fire and the sheer cliff walls. I worried about the rotors catching on the treetops, but I passed them with ease too. Even my water bucket, which could have easily caught on one of the trees and pulled me back into the canyon, swung free, trailing at the end of its twenty-foot line and gliding perfectly between two trees.

I landed my aircraft, shaken and amazed at what had just happened. None of the other pilots would believe me if I told them! Such an event defied the laws of physics.

But, I realized, not the laws of Divine Spirit. With gratitude, I thanked the Mahanta for rescuing both me and my aircraft that day.

**Miracles are possible, whenever we can surrender to the spirit of love.** 

“ *Every experience is a teacher. Keep up with your spiritual exercises. They open your heart to love divine.*

**Sri Harold Klemp**



# SOUL ADVENTURE QUESTIONS FOR SRI HAROLD

*How can I improve my intuition, especially in these confusing and challenging times?*



We can get so upset about the social, political, spiritual, and religious issues that we lose our balance.

Our political leaders may say, “What is up is down, and what is down is up.” By chanting *HU*, you keep your perspective. You say, “This is the ash can of the universe, but we are here to do the best we can, to make it a garden if possible.”

Sing *HU*. It can allow—through dream experiences, intuition, or other means—a way for the Inner Master to get through to you. The Inner Master can let you know which way’s up and which way’s down—really.

**YOU CAN  
RAISE YOUR  
SPIRITUAL IQ  
WITH HU—  
A LOVE SONG  
TO GOD.**

Often the Master will say, “Hey, this stuff has been going on for centuries. And it’s going to go on for centuries more.”

If you recognize that this is part of the human condition and can accept it, if you can do that and keep your wits when others around you are losing theirs, then you’ve gained spiritually in this lifetime.

**FOR REFLECTION:**

**HAS THE POWER  
OF INTUITION  
HELPED YOU IN A  
TIME OF CRISES?**

These things are the realities of everyday living. These are the things that test Soul. These are the things that test you.

HU can protect. HU can give love. HU can heal. It can give peace of mind. That doesn’t mean forever. It just means that if you face a crisis of one kind or another, remember to chant *HU*.

# HU

Sacred Sound—Ancient Mantra

ECK MEMBERSHIP

## ADVANCED SPIRITUAL LIVING COURSES

*Go higher, further, deeper  
on your path of  
spiritual self-discovery!*



### WHAT WILL YOU EXPERIENCE?

This ever-expanding adventure can bring you personal transformation from the moment you begin. This includes

- monthly **self-discovery courses** with advanced **spiritual techniques** for private study;
- opportunities to explore the courses in **small-group discussion classes**;
- quarterly letter and updates from a **God-Realized teacher** with timely perspectives;
- **spiritual initiations**—profound steps of enlightenment;

- a **community of like-hearted people** who respect spiritual freedom and love truth;
- opportunities for further **spiritual training and service.**

## Start Your ECK Adventure



[AdvancedSpiritualLiving.org](https://AdvancedSpiritualLiving.org)



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**ECKANKAR**  
The Path of Spiritual Freedom