

BEYOND MEDITATION

ECKANKAR'S
Spiritual
Experiences
Guidebook

PAST LIVES
DREAMS
SOUL TRAVEL
AND MORE . . .

HAROLD KLEMP

In this guidebook...

You will find keys to accelerate your pursuit of truth. You will discover the Spiritual Exercises of ECK as creative techniques to aid any seeker of God in the quest for enlightenment.

The personal insights you gain can enrich your daily life, help open your Spiritual Eye, and reveal the love of God in your own heart.

Enjoy your journey!



In 1981, American-born Harold Klemp became the spiritual leader of ECKANKAR, the Path of Spiritual Freedom. Since then he has traveled the world—from North America and Europe to Africa, Australia, and the Pacific Rim—sharing the wisdom of his many years of spiritual seeking and discovery. Known as a pioneer of “everyday spirituality,” Harold Klemp is helping many thousands discover the way of bringing the enlightenment of Soul into everyday life and practice. He continues to add new titles to his more than a hundred published works. As the MAHANTA, the Living ECK Master he has the special ability to act as both the Inner and Outer Master for ECK students.



ECKANKAR'S Spiritual Experiences Guidebook

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Introduction

DOES RELIGION MATTER?

There are those who know divine love. It doesn't matter whether they're in ECKANKAR or whether they're in any of the many other religions. It doesn't matter. They may not belong to any religion at all. But from experiences in past lives some people understand the quality of divine love. And these people recognize each other when they meet. They just know, *That is a good person. That person is charitable,*

compassionate. And they can tell these people apart from the other group of people who know nothing at all about divine love.

The advantage that ECKANKAR has for you today is this: it allows those of you who truly have reached a state of spiritual consciousness to get together with others who have also done it. And you'll recognize each other.

HOW TO USE THIS BOOKLET

- This booklet is to help you have real experiences with the divine love that is always available to you.
- It is designed as a workbook, where you create and record your experiences.
- As you read a section, you can add to your experience by watching a video or listening to the HU song or a portion of one of my talks. Suggestions are given in the activity boxes throughout the booklet, numbered 1–5. Just click on the link in the box.
- As you like, try the simple and straightforward exercises given in this booklet. They can open you to a greater awareness of your life and its divine meaning.

A hand is shown playing a flute against a background of a starry night sky. The scene is bathed in a soft, ethereal light, with a bright starburst effect emanating from the flute's opening. Several musical notes are scattered throughout the scene, adding to the sense of melody and harmony. The overall mood is peaceful and spiritual.

Welcome to all exploring Souls!

Have You Heard the Call of Soul?

If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over.

It is the call of Soul.

Prayer. Meditation. Contemplation. What's at the heart of these spiritual practices? Each is a response to the call of Soul. Each represents an individual's desire to contact the source of all truth. Different paths to reach the same goal.

You are Soul, a divine spark of God on a journey homeward. Soul wants to experience more of the Voice of God, which can be heard as Sound or seen as Light. So you begin your search.

SPIRITUAL EXPERIENCES ACTIVITY

Nearly half of the people polled in a Pew Research Center study say they've had a religious or mystical experience. Listed below are some spiritual experiences. Check the ones you've already had.

- | | | |
|---|---|---|
| <input type="checkbox"/> Prophetic dream | <input type="checkbox"/> Sense of oneness or loving presence | <input type="checkbox"/> Daily living: giving and receiving divine love or giving service |
| <input type="checkbox"/> Déjà vu | | |
| <input type="checkbox"/> Past-life memory | <input type="checkbox"/> Connection with all life | <input type="checkbox"/> Flying in your dreams |
| <input type="checkbox"/> Out-of-body or near-death experience | <input type="checkbox"/> Coincidences and amazing connections | <input type="checkbox"/> Dreams that seemed real |
| <input type="checkbox"/> Dream with a departed loved one | <input type="checkbox"/> Miracles: healing, protection, guidance | <input type="checkbox"/> Dreaming of far-off yet wonderful places |
| <input type="checkbox"/> Inner light(s) | <input type="checkbox"/> Inner sound(s) | <input type="checkbox"/> Relationships that uplift you: friends, family |
| <input type="checkbox"/> Intuition: direct knowingness | <input type="checkbox"/> Guidance from departed loved ones, angels, spiritual guide | |

In the space below, list the experiences you would like to have:

BEYOND MEDITATION

Beyond prayer and meditation is contemplation, which is a lighter form of going within than meditation. Contemplation is a method that enables you to begin to actively explore the inner worlds of your own being. It is different than meditation, a passive state in which the practitioner goes within and quietly waits for the light.

DISCOVER THE SOURCE OF ALL TRUTH

Learn to go inside yourself, because this is the source of all truth. There are a lot of holy temples out here, but the most sacred of all is the temple inside you, because this is where you meet with the Holy Spirit, the Voice of God.

How do you meet with the Holy Spirit?

If you come from Christianity, you pray. You come to the holy temple, to the holy of holies, through prayer. You meet on holy ground with your God. If you're a member of any other religion, you have a means of going to that holy of holies, whether it's meditation or contemplation or prayer.

Go to the holy of holies. It's the temple inside you. This is the place where all truth comes from. Before there were words, before there was a written Bible or a printed Gutenberg Bible, before there was Luther's translation, there was the Word in the heart of mankind.

This is the temple. Go there.



Spiritual Exercises of ECK GATEWAY TO SPIRITUAL EXPERIENCES

When you step onto the path to God and you begin looking for that secret path to heaven, the way will be opened for you. And the way lies through the Spiritual Exercises of ECK.

These spiritual exercises link you with the guidance of the Holy Spirit, which is seen as Light and heard as Sound. The inner Sound is the Voice of God calling us home. The inner Light is a beacon to light our way. All the Spiritual Exercises of ECK are built on these two divine aspects of the Holy Spirit.

They work similarly to physical exercises. If you want your body to be strong and healthy, you've got to swim or run or do something to keep fit. For the Soul body, you do the Spiritual Exercises of ECK, a form of inner communication also called contemplation.

Learning spiritual consciousness is learning how to live in this world no matter what comes. We learn through these spiritual exercises how to live life graciously, from childhood to old age. We learn how to live life in the best way possible.

The Spiritual Exercises of ECK give you confidence in yourself. You learn that you are Soul, you are eternal. Then you know with certainty that you live forever, that death cannot destroy you.

When you do the Spiritual Exercises of ECK, fill yourself with love and goodwill.

Be patient with yourself. It is a rare person who has instant success and dramatic results right away. Expect subtle, gradual changes in your outlook on life over a period of weeks or months. A good way to keep track of this is by using a journal to note any insights, perceptions, or changes you notice in yourself.

Explore and experiment with the spiritual exercises in this booklet. Try new things. You're in your own God Worlds. (See the chapter on the God Worlds of ECK starting on page 25.)

Connect with the Divine by Singing HU

A SPIRITUAL EXERCISE

HU is an ancient name for God. It is also a love song to God. All that we do with the word *HU* is to sing it with reverence. It represents the love of God for Soul, and we are Soul. HU represents the enormous love that the Creator has for Its creation.

*It is the sound of all sounds.
It is the wind in the leaves,
falling rain, thunder of jets,
singing of birds, the awful
rumble of a tornado. Again, Its
sound is heard in laughter,
weeping, the din of city traffic,
ocean waves, and the quiet
rippling of a mountain stream.*

*HU is both a name for God
and a sound of the Audible
Life Stream, which we know as
the ECK, or Holy Spirit. HU is
a charged name for God that
can spiritually uplift the people
of any religion.*

—HU, the Most Beautiful Prayer

HU can be sung by anyone, whether Christian, Muslim, or of any other religion. It isn't meant to change your religion. HU will enhance it.

BENEFITS OF SINGING HU

- Comfort, peace, calm
- Inner light and sound
- Expanded awareness
- A release of fears
- Answers to your questions
- A subtle sense of divine love
- Spiritual protection

ACTIVITY
#1

Listen to
"The HU Song"
on HearHU.org

HOW TO SING HU

With eyes open or closed, take a few deep breaths to relax. Then begin to sing *HU* (pronounced like the word *hue*) in a long, drawn-out sound: HU-U-U-U.

Take another breath, and sing *HU* again. Continue for up to twenty minutes. Sing *HU* with a feeling of love, and it will gradually open your heart to God.

Do this exercise every day. Spend about twenty minutes on it. This builds your spiritual stamina gently over time. Regular daily practice is the key to success. Also, when your day is hard, remember to sing *HU*. It puts you back in line with the Holy Spirit.

ACTIVITY

#2

Watch the video "How to Do the HU" at HearHU.org

When you sing *HU*, you are saying to Divine Spirit, "I've opened myself to you. Give me the understanding and the wisdom to meet the waves of life, and the problems, troubles, and whatever else. Give me the strength to meet life." This is basically all that we do when we do a Spiritual Exercise of ECK.

A short session where we meet with the Divine: that is a Spiritual Exercise of ECK.

WOULD YOU LIKE TO TRY IT?

In the space below, record your spiritual experiences with singing *HU*.

HINT: Singing *HU* is a key to having spiritual experiences!

Learn from Spiritual Masters

Throughout history, certain spiritual masters, known as ECK Masters, have served as guides for those who want to explore past lives, dreams, and Soul Travel.

Many people have recognized an ECK Master as a childhood guide or inner guide from their past. They are the guardian angels we sometimes hear about today. But not all guardian angels are ECK Masters.

Who are the ECK Masters?

ECK Masters are individuals who have become one with Divine Spirit, the Life Force, the ECK. They are Coworkers with God.

These ECK Masters go unknown among the people. Except for the few Masters, such as myself, whose job it is to work in the public eye, they rarely, if ever, speak about who

they are. Titles are of small interest to them. What does matter, however, is giving upliftment to Soul—to even one lone Soul somewhere. If they can do this for even one, that's all the reward they need.

The ECK Masters walk among you now, today, ready to encourage one Soul at a time on the journey home to God.

ACTIVITY

#3

Watch the video "ECK Masters" at Eckankar.org/Masters/index.html



DO YOU RECOGNIZE ANY OF THESE FACES?

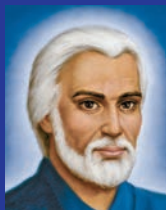


Sri Harold Klemp, the MAHANTA, the Living ECK Master (spiritual leader of ECKANKAR)

See the glossary on page 31 for descriptions of these ECK Masters.



Paul Twitchell (Peddar Zaskq)



Rami Nuri



Towart Managi



Rebazar Tarzs



Kata Daki



Yaubl Sacabi



Lai Tsi



Gopal Das



Shamus-i-Tabriz



Fubbi Quantz

HOW TO WORK WITH THE ECK MASTERS

These Masters are here to help you, but they follow the spiritual laws, including the Law of Noninterference. They respect your privacy. If you want their help, you must ask. It's as simple as making a sincere request in the quiet of your own heart.

When the time is right and you need the help, you will find someone like Rebazar Tarzs or Paul Twitchell, who founded the modern-day teachings of

ECKANKAR. They will come, and they'll help you.

You may wonder, *Why would these people help me, a stranger?* Sometimes people ask me about this, saying, "After all, I'm a Christian. I don't believe in ECK Masters." But one of the principles in ECK is reincarnation. Nearly 99 percent of the people who come to ECK in this lifetime have been a follower of ECK in the past under one of these ECK Masters.

SPIRITUAL MASTERS EXERCISE

In the space below, describe any experience you may have had with spiritual masters or angels.

What did you learn from them?

What would you like to learn from a spiritual master?

Past Lives

HAVE YOU EVER WANTED TO

- understand why your life is the way it is?
- conquer a long-standing habit or problem?
- gain assurance of the eternal nature of Soul?

HAVE YOU LIVED BEFORE?

Most people on earth are returnees. They've been here before, and they'll return another time. The term for this recycling of lifetimes is the wheel of reincarnation. Karma, people's action and reaction in life, is its motor. The cycle goes on—lifetime after lifetime.

Soul is eternal. That is Its heritage. It has no beginning or end. It exists (you exist) because of God's love for It (you). Through countless cycles of birth, death, and rebirth, Soul continues Its

quest to become ever more like Its Creator. Yet with each new incarnation, conscious memories of past lives are soon forgotten, and the present life may seem like the only one.

It's a very dreary cycle. After a person recycles through many successive lives, a feeling comes that something's amiss with this scene, that something's wrong with the script. Then a thought creeps in. He begins to wonder about the "one life, one time" theory. Could it be in error?

He begins to grope for the truth.

It is common in today's media to come across some direct or indirect references to reincarnation. Some of the stories give a clear insight into it.

Yet how easy it is to dismiss a past-life story with, "Just another dreamer's tall tale." And it's a real temptation to discredit young children who give detailed accounts of past lifetimes—even if it means ignoring the candid descriptions of settings, situa-



tions, and possible family ties of old. Yet this happens all the time in families with children up to five or six years of age.

It's hard for some people to accept this information about reincarnation as a foundation for the miracle of birth. So they make up other explanations—e.g., that past-life claims are maybe some kind of mental transference. But wouldn't it be less of a problem to accept the simple fact of rebirth? Then you'd find sense behind the bounds of reincarnation.

Genius and disability are two examples of the influence of past lives. Why are some people born with advantages, others with disadvantages? Because of what they've earned in past lives and have set out to learn in this life.

People of some religions other than ECKANKAR also know and accept the principle of reincarnation. It's a principle of divine love in action.

Reincarnation allows people, like you and me, to have a chance to develop the quality of divine love. This opportunity comes through the hardships and uncertainties of life, as well as in the joys and fulfillment of living. So we develop the quality of divine love.

This love makes us more godlike beings.

WHY REMEMBER PAST LIVES?

We need to understand that the challenges we face today involve all sorts of past-life experiences. Once we gain awareness of these links to other lives, it's possible to handle our challenges in a better way this time around. We can end a chain of karma that has hung on for centuries.

All debts must be repaid before one gains spiritual freedom.

A woman in New York City we'll call Amber has had a fear of icebergs since childhood. To travel from one area of her city to another means a ride on a ferry, and she dislikes boat rides. Nor does she care to swim near rocks. On one vacation in Puerto Rico, the tide had caught and swept her out to some rocks, where she went into a panic and came near drowning.

She'd often wondered about the fear of rocks in water, and her intense fear of boats.

The fear grew in strength as Amber reached adulthood. By then she noticed an absolute terror when seeing even a picture of icebergs.

What would cause such a response?

At one of her ECKANKAR classes, the group tried a spiritual exercise to view the past. As they did the exercise, she wondered, *Is it possible that I was on the Titanic when it sank in 1912?*

Amber went into contemplation to find out. She did begin to see into the past. Yet before allowing an outcome, she cut off the experience and sat waiting for the others to finish the spiritual exercise.

The next night at bedtime she did her usual contemplation. The MAHANTA, the Inner Master, came and asked, "Why did you cut off the contemplation yesterday?"

"I just felt uncomfortable, and I didn't want to see any more," she replied.

"It's important for you to see and know what's happened in the past," the MAHANTA said, "so that you can live this life without fear."

So Amber went into contemplation a second time that evening. The MAHANTA let her see the past like a movie, as if she had become an actress in this movie. She was indeed booked as a passenger on the *Titanic*.

But she didn't die on the ill-

fated maiden voyage of this famous ship. She was a survivor. One of the women to secure a seat in a lifeboat, she was thus able to save her life. Some men in the water wanted to climb into the lifeboat, but she fended them off. She feared it would sink and threaten her own life.

In this lifetime Amber gave birth to two healthy children, but after these full-term pregnancies she had four boys in a row who died soon after birth. Each lived just a few hours to a few days. Then they died.

What was the reason for this string of heartaches?

In this contemplation scene, Amber saw that her refusal to let the drowning men into the lifeboat was a most selfish act. It denied others the right to live.

That was the reason for her loss of four sons.

A second realization was that in the previous life she'd been born into a selfish family, a family that scorned generosity. And she proved to be the most selfish of them all.

With that understanding of her past, Amber could choose a new direction in this lifetime, one of love and service to others.

"It's important for you to see and know what's happened in the past," the MAHANTA said, "so that you can live this life without fear."

SPIRITUAL EXERCISES FOR PAST-LIFE STUDY

From Past to Present

Our character is made up of virtues and shortcomings, and all are a development from past lives. A reason lurks in the background of every twist of personality. Each trauma from a forgotten life shapes our conduct in a given way. Without exception.

Make a list of people and

things you like or dislike. Also note if you feel a special attraction to some country, locale, or time period in history. There is a reason for such interest.

When you look at the list, what do you notice? Next, pay attention to your dreams to see if you make any past-life discoveries there. (See the section on dreams in this booklet, starting on page 17.)

Likes

Dislikes

AWAKENING TO YOUR PAST LIVES

If you want to look at your past lives, the word to sing (or chant) for a few minutes at bedtime is *Mana* (say MAH-nah). This word attunes you with the Causal Plane, the region of past-life memories (see the God Worlds of ECK chart on page 28). Then go to sleep as usual. Write down any dreams or insights you wake up with. Look for clues in your daily life too. Remembering past lives takes practice. But others do it, and so can you.

PAST-LIFE REMEMBRANCES



Watch the video "Harold Klemp on Past Lives" at Eckankar.org/pastlives.html

Dreams

People who have experienced dream recall and study dreams report the following benefits:

- Prophecy
- Guidance on daily choices
- Healing
- Past-life recall
- Learning a new skill
- Insights into relationships
- Understanding of disjointed dreams
- Messages from God and Divine Spirit

DREAMS AND OUR SPIRITUAL JOURNEY

Dreams touch every level of our life. They may let us glimpse the future, or give suggestions for healing, or share insights into our relationships. Above all, they can and will steer us more directly toward God.

What is this fantasy about dreams?

First, understand that the dream world is anything but a fantasy. A “confused” dream simply shows the inability of our mind to accept truth head-on, so it bends the facts and artfully weaves them into a story line that is less likely to cause us distress. Yes, dreams are real.

So, first, understand that the land of dreams is an actual

place. Second, any experience you gain in the dream world is as useful to you spiritually as any of those you may have here in the human body.

To grasp the universal nature of dreams, take a step back and imagine that you are standing at the top of all worlds. The identity that can do that, to command a view even of creation itself, is the real you—eternal Soul. Soul is a child of God, and, by nature, godlike. And so It can share in the divine attributes of wisdom, joy, freedom, and divine love.

So why doesn't It? Why don't you?

Your dreams are like a telescope

that can give a better view of something that is normally out of reach: your spiritual side. That includes how you act, feel, reflect, think, react, and even love. Most people fear putting the telescope of dreams to their eye, afraid of what they might see.

ACTIVITY

#5

Watch the video
"Dream Journeys"
at [Eckankar.org/
dream.html](http://Eckankar.org/dream.html)

DREAM-STUDY EXERCISES

Nap Time

You can begin a dream study during your naps. Anytime you feel in need of rest, set an alarm for twenty minutes. Have a notebook at hand; it will be your dream book.

Put your whole attention upon the face or presence of a spiritual guide or being. If you like, it can be the MAHANTA, the Living ECK Master or another ECK Master (see page 10). Do it in a light, easy, and friendly way—like meeting an old friend. Now tell yourself to enjoy a restful, peaceful nap.

Remind yourself to remember some event that occurs in the dream worlds when you awaken.

Then sleep. See what comes of the experiment.

When the alarm rings, jot down all you remember, no matter how foolish or trivial. In time, your study of dreams will expand. This method of dream study is easy and causes no disruptions, even in a busy family.

Try to do it every day for two weeks. It takes time to learn a new skill, in dreaming as in anything else.



YOUR DREAM DICTIONARY

You can also create a dream dictionary to help you become familiar with your own dream symbols. Whether a baseball diamond, a bear, an eagle, a car, the police, a person, or anything else, you'll catch on to a pattern and learn what a given symbol means for you.

In a section near the back of your dream journal, or in a separate notebook, keep a list of

symbols that appear in your dreams. Add to this dream dictionary of symbols. Log the date next to the meaning you see in each symbol. That allows a way to keep track of changes, as the meaning may shift in time. Allow room for additions.

As you unfold, your dream symbols will spread to new dimensions, a fact unknown to most people who study dreams.

<i>Symbol</i>	<i>My Meaning</i>	<i>Date</i>



YOUR DREAM JOURNAL CAN START HERE:

Soul Travel

VOYAGES INTO THE HIGHER WORLDS

Which Have You Experienced?

- Out-of-body experience
- Direct knowingness
- Dreams of flying
- Inner guidance
- Spiritual light(s) or sound(s)
- Near-death experience
- Presence of the Divine

What Is Soul Travel?

In the simplest terms, Soul Travel is an individual moving closer to the heart of God. This movement takes a variety of forms.

Soul Travel is, for the most part, a tool for use in the worlds below the Soul Plane, first of the true spiritual worlds. It takes one through the Astral, Causal, Mental, and Etheric Planes. As a whole, these are the planes of time and space. Soul Travel occurs in two general ways.

One Way to Soul Travel

One form of Soul Travel is the sensation of fast movement of the Soul body through the planes of time and space. In reality, though, is such movement possible?

You see, Soul exists on all planes, so what feels like movement, or travel, is simply

Soul coming into an agreement with fixed states and conditions that already exist in some world of time and space.

If you can imagine a scene, then you can be there this same instant in the Soul body. That is the Imaginative technique. It may feel as though you are hurtling through space at a breakneck speed, like a rocket, and zooming on a journey to outer space. In fact, though, Soul (you) is motionless. It is shifting its attention to some higher state. That shifting of attention results in a feeling of fast motion to the material senses.

Soul Travel begins with a Spiritual Exercise of ECK in a physical setting.

A contemplative may hear a rushing sound, like a wailing

wind in a tunnel, along with a sensation of incredible speed. But as explained, Soul doesn't move; Soul *is*. Time and space adjust to Soul's state of consciousness, and it is this adjustment of time and space that renders an illusion of movement or breathtaking speed. A seeming, rapid change of location is one aspect of Soul Travel that may prove to be a daunting obstacle for the timid. These people fear going beyond themselves.

Soul Travel is, therefore, for the bold and courageous in spirit. But remember, since one doesn't in fact travel anywhere, it's impossible to get lost.

Keep that principle in mind during a spiritual exercise. It will lend the confidence to open your heart to love and so delight in any enlightenment that finds you.

A Second Way to Soul Travel

Another form of Soul Travel is the expansion of consciousness. This aspect is the true state of personal revelation or enlightenment that we aspire to in ECK. It visits both the timid and the bold, and is a gentler, less robust version of movement in consciousness. Most people experience this sort of gradual shifting of awareness.

Love and wonder define Soul Travel the best.

The Value of Soul Travel

Soul Travel is thus of several dimensions. Some people describe it as a shift in consciousness. Out of the blue, some event happens to shed light on a spiritual matter that had mystified them. A shift in consciousness to a new plane flits in like a soft, golden kiss of God. Then, these lucky Souls *know* they've had the best of good fortune and have touched the hem of divine love. Rather, it has brushed them.

Soul Travel, as stated, may also be of a more dramatic sort. In this case, an individual transcends the human body and tastes the love and freedom that are a birthright. He rises into the other worlds. Each experience fits him, because each is but a reflection of his spiritual state.

People ask, "Why is it so important in ECKANKAR to learn Soul Travel?"

Soul Travel, in a broad sense, is of much value because it is a link to the expansion of consciousness. The rule of destiny holds that people at some time will begin to awaken to who and what they are. A knowledge of past lives may also open to them by way of dreams or *déjà vu*. A few catch a glimpse of future events.

Note that Soul Travel means moving into the higher realms of

God, to places people haven't yet dreamed of. Soul Travel reveals a majesty and security that abounds in the arms of God alone.

For this reason, Soul Travel transcends astral or mind travel, and rote prayer, elevating one into

profound spiritual areas. Whenever Soul reaches the far orbits of the inner planes through Soul Travel, the human heart opens to God's all-consuming love.

It is our very purpose to discover that love.

EXERCISE: A GATEWAY TO SOUL TRAVEL

If you want to learn to Soul Travel, do this technique tonight. Before sleep, shut your eyes and place your attention on the Spiritual Eye. It's right above and between the eyebrows.

Then sing *HU* (see page 8). Fill your heart, mind, and body with warm love.

This feeling of love grants the confidence to venture into some new, unexplored area of your spiritual being. A way to fill yourself with love is to call up a warm, comfy memory, like a child's hug or a mate's kiss.

Just so the feeling warms your heart with deep love.

Now, eyes still shut, look into the Spiritual Eye for the holy person who is your ideal, whether Christ or an ECK Master. In a gentle voice say, "I give you permission to take me to the best place for my spiritual good."

Then chant *HU*, *God*, or some other holy word.



Next, see yourself in a familiar place, like a special room in your home. Be assured that the guide who comes is a dear, long-standing friend.

Do this session five or six times over as many days. Record your experiences with this spiritual exercise in your dream notebook or journal.

SOUL TRAVEL MAKES IT POSSIBLE TO ACHIEVE GOD-REALIZATION IN THIS LIFETIME

Each individual is special, a spark of God, and 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.

On every plane in the lower worlds, the MAHANTA, the Living ECK Master works and operates to lift Soul to Its heritage of God Consciousness.



The best hotels and the most luxurious accommodations on earth seem like dark huts compared to the things you see on the inner planes. The worlds of God are light and spacious, and the joy that Soul experiences there is beyond human understanding. This is what Soul is trying to get to, and it comes through the spiritual exercises.

—Cloak of
Consciousness

God Worlds of ECK

The God Worlds can best be described as planes of reality. Each plane corresponds to a certain state of consciousness and vibration. God, or the SUGMAD, is the source of all the planes (*see the God Worlds of ECK chart on page 28*). From out of the SUGMAD (God) flows the ECK. It is the ECK, Divine Spirit, which supports and sustains all life in all planes.



THE LIGHT AND SOUND OF ECK

Sometimes the Holy Spirit speaks very directly, and when It speaks in this very direct manner, it's through the Light and Sound of God Itself. The Light and Sound of God is divine love, the Voice of God. A number of different names have been given to these two pillars of the Holy Spirit, the Light and Sound. The Light and Sound of God are the pillars of the ECK teachings.

Many people know about the Light of God, but fewer know about the Sound. And there are many different ways that the Sound is heard.

I will briefly mention some of the forms of the Light and Sound of God that you may be aware of.

The Light of God can come as a violet, blue, pink, orange, yellow, white, or green light. The Light can look like a soft glow; It can look like a lantern; It can look like a pinpoint of light; It can look like a star off in the distance; It can look like the moon.

The Sound can be just about anything you've heard here on earth. It can be the sound of a waterfall, a jet plane flying over, a bee, birds singing in the morning. It can be like an orchestra playing. We're all surrounded by sounds, and we sometimes don't pay as much attention to sound as we should.

The Sound can also come as the sound of the ocean, the wind, the rain beating down on the pavement or grass. Sometimes it comes as the sigh of a loved one. A baby's cry. Just about any sound you can imagine. Some of these will come to you on the inner planes or during prayer, contemplation, or meditation. Sometimes you will hear a sound which is soothing and quiet; other times it may be as sharp as the crack of thunder. Sometimes it'll be rumbling like a tornado. However It manifests, It is this Voice of God which we know as the Holy Spirit (ECK).

SPIRITUAL EXERCISE TO EXPLORE THE GOD WORLDS

The Nirat Technique

In using this technique, you will find the path to the other worlds illuminated by Soul's own light, much like the headlights of a car, cutting through the darkness of night, illuminate the road ahead. The Nirat technique utilizes the seeing power of Soul.

Sit in silence, with the attention fixed on the Spiritual Eye. Put your attention on the Light of God, the white light within the door of the Spiritual Eye. This is the subtle gateway to the Astral world, the first door you will pass through on the way to higher worlds.

With your attention fixed on this door, look obliquely—not directly—at whatever appears on the screen of the mind. If you look at it directly, it will disappear. But if you look at it from an angle, the image of the light will stay.

Now very softly begin to practice the zikar, the repetition of the holy names of God. Sing the word for each plane that you must pass through in order to reach the Soul region. These are: *Alayi* (Physical Plane), *Kala* (Astral Plane), *Mana* (Causal Plane),



Aum (Mental Plane), *Baju* (Ethereic Plane), and *SUGMAD* (Soul Plane). By these sounds you are able to lift yourself up through the corresponding planes into the Soul world.

The Light of God appears on all planes, but the light that should interest you most is the Blue Star. It will come into focus after the technique has been practiced for a

certain length of time. This star represents the MAHANTA, the Living ECK Master, who will later appear in his radiant body.

Sometimes the Master appears as a Blue Star, sometimes as a misty, pale-blue light. The star or light will lead you gently through the various planes into the Soul region. You must trust It completely, never being doubtful or hesitant about following It, nor wondering where It may lead you.

As Soul gets collected and concentrates on the Spiritual Eye, you will have some preliminary experiences of the inner sounds and sights. These occur before Soul is settled down and actually traveling in the inner worlds. You may hear sounds similar to a moving train, whistles, or stringed instruments. Then you will hear sounds like the tinkling of small bells, progressing to the ringing notes of a large bell. Following this are lights similar to the glowing of charcoal, then lightning, and finally the gigantic star.

Then you are able to see a whole starry sky. You see the Lightning and Moon Worlds, and you are ready for the ascent. You may see forms as mist, smoke, suns, fire, winds, fireflies, lightning, crystals, and moons. Your attention may be scattered at this point, but bring it back and focus again on a single point.

THE GOD WORLDS OF ECK

HIGHER WORLDS

GOD-REALIZATION

PLANE

CHANT

SOUND

ANAMI LOK

HU (*HYOO*)

WHIRLPOOL

AGAM LOK

HUK (*HOOK*)

MUSIC OF WOODWINDS

HUKIKAT LOK

ALUK (*ah-LOOK*)

THOUSAND VIOLINS

ALAYA LOK

HUM (*HYOOM*)

DEEP HUMMING

ALAKH LOK

SHANTI (*SHAHN-tee*)

HEAVY WIND

ATMA LOK
(Soul Plane)

SUGMAD
(*SOOG-mahd*)

SINGLE NOTE OF A FLUTE

LOWER WORLDS

SELF-REALIZATION

Each higher world has a greater proportion of Spirit to matter

ETHERIC (*Intuition*) **BAJU** (*BAH-joo*) **BUZZING OF BEES**
Last barrier between the lower worlds and the pure positive God Worlds.

MENTAL (*Mind*) **AUM** (*AHM or ah-UHM*) **RUNNING WATER**
Source of all mental teachings, aesthetics, philosophies, conventional concepts of God, cosmic consciousness.

CAUSAL (*Memory*) **MANA** (*MAH-nah*) **TINKLING BELLS**
Plane where memories, karmic patterns, and past-life records are stored.

ASTRAL (*Emotion*) **KALA** (*kah-LAH*) **ROAR OF THE SEA**
Source of all psychic phenomena—ghosts, flying saucers, spirits, ESP. Plane reached by astral projection and most occult sciences.

PHYSICAL (*Senses*) **ĀLAYI** (*ah-LAH-yee*) **THUNDER**
Plane where Soul is trapped by the five passions: lust, anger, greed, vanity, and attachment. Plane of time, space, and matter. Illusion of reality.



HOW TO READ THE GOD WORLDS OF ECK CHART

This is a road map to the inner planes or heavens. You can use this chart to plan your spiritual travels or to better understand where you have been or what you have experienced.

There is a bold line dividing the top half and lower half of the chart; this separates the lower worlds from the higher God Worlds of ECK. Thus, the chart shows which worlds are predominantly negative and which are positive (this is noted on the left side of the chart). The right side of the chart shows that the lower worlds are the training ground for Self-Realization and the higher worlds are the training ground for God-Realization.

The first column gives the names of the plane. Next to the

name, in the second column, is the word to sing or chant to go to that plane. In the third column is the sound you might hear or recall if you have traveled there. There are also brief descriptions of what each lower plane is about.

The chart also shows the color associated with each plane—the color you may see or recall as predominating there.

Each of these worlds, or planes, has one main Golden Wisdom Temple and many minor temples in which you can study. These temples and the ECK Masters who teach there can be found in *ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History*.

To understand a karmic pattern you've noticed or understand a past life, you might want to go to the Causal Plane; and to do that, you could chant the word *Mana*. If you've had dreams where you see orange items or were bathed in an orange light, maybe it has something to do with the Causal Plane. Or maybe during a spiritual exercise, meditation, or prayer, you hear running water inwardly—an indication that you might be on the Mental Plane.

Notice that HU is both the word to chant and the sound you'll hear on the Anami Lok. This is because HU encompasses all the worlds and all the sounds of existence.

Learning to recognize, understand, and work with the

Light and Sound of God is one of the most unique and exciting aspects of ECKANKAR. Becoming attuned to the sounds, visual characteristics, and vibrational rates of the God Worlds via Soul Travel is an aid to achieving Self-Realization and even God-Realization in this lifetime.

OPEN TO YOUR FULL POTENTIAL

Today is a special time in the history of mankind. It is now possible to tell of past lives, dreams, and Soul Travel without fear of censure, persecution, or worse. A window of opportunity is open. It has opened for you.

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Glossary

Words set in SMALL CAPS are defined elsewhere in this glossary.

- Blue Light** How the MAHANTA often appears in the inner worlds to the CHELA or seeker.
- chela** A spiritual student of ECKANKAR and the Living ECK Master.
- ECK EHK** The Life Force, the Holy Spirit, or Audible Life Current which sustains all life.
- ECKANKAR EHK-ahn-kahr** The Path of Spiritual Freedom. Also known as the Ancient Science of SOUL TRAVEL. A truly spiritual way of life for the individual in modern times. The teachings provide a framework for anyone to explore their own spiritual experiences. Established by PAUL TWITCHELL, the modern-day founder, in 1965. The word means Coworker with God.
- ECK Masters** Spiritual Masters who can assist and protect people in their spiritual studies and travels. The ECK Masters are from a long line of God-Realized SOULS who know the responsibility that goes with spiritual freedom.
- Fubbi Quantz** The guardian of the SHARIYAT-KI-SUGMAD at the Katsupari Monastery in northern Tibet. He was the MAHANTA, the LIVING ECK MASTER during the time of Buddha, about 500 BC.
- God-Realization** The state of God Consciousness. Complete and conscious awareness of God.
- Gopal Das** The guardian of the SHARIYAT-KI-SUGMAD at the Temple of Asklepos on the Astral PLANE. He was the MAHANTA, the LIVING ECK MASTER in Egypt, about 3000 BC.
- Harold Klemp** The present MAHANTA, the LIVING ECK MASTER. SRI Harold Klemp became the MAHANTA, the Living ECK Master in 1981. His spiritual name is WAH Z.
- HU HYOO** The most ancient, secret name for God. It can be sung as a love song to God aloud or silently to oneself to align with God's love.
- Karma, Law of** The Law of Cause and Effect, action and reaction, justice, retribution, and reward, which applies to the lower or psychic worlds: the Physical, Astral, Causal, Mental, and Etheric PLANES.
- Kata Daki** A female ECK MASTER, who, like all others in the Order of the Vairagi, serves the SUGMAD by helping others find the MAHANTA, the LIVING ECK MASTER. Her pet project is to help people get back on their feet during hardship.
- Lai Tsi** An ancient Chinese ECK MASTER.
- Living ECK Master** The spiritual leader of ECKANKAR. He leads SOUL back to God. He teaches in the physical world as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. SRI HAROLD KLEMP became the MAHANTA, the Living ECK Master in 1981.
- MAHANTA mah-HAHN-tah** An expression of the Spirit of God that is always with you. Sometimes seen as a BLUE LIGHT or Blue Star or in the form of the MAHANTA, the LIVING ECK MASTER. The highest state of God Consciousness on earth, only embodied in the Living ECK Master. He is the Living Word.
- Paul Twitchell** An American ECK MASTER who brought the modern teachings of ECKANKAR to the world through his writings and lectures. His spiritual name is PEDDAR ZASKQ.
- Peddar Zaskq** The spiritual name for PAUL TWITCHELL, the modern-day founder of ECKANKAR and the MAHANTA, the LIVING ECK MASTER from 1965 to 1971.

planes The levels of existence, such as the Physical, Astral, Causal, Mental, Etheric, and SOUL PLANES.

Rami Nuri The guardian of the SHARIYAT-KI-SUGMAD at the House of Moksha in the city of Retz, Venus. He served as the MAHANTA, the LIVING ECK MASTER. The letter *M* appears on his forehead.

Rebazar Tarzs A Tibetan ECK MASTER known as the Torchbearer of ECKANKAR in the lower worlds.

Satsang A class in which students of ECK discuss a monthly lesson from ECKANKAR.

Self-Realization SOUL recognition. The entering of Soul into the Soul PLANE and there beholding Itself as pure Spirit. A state of Seeing, Knowing, and Being.

Shamus-i-Tabriz Guardian of the SHARIYAT-KI-SUGMAD on the Causal PLANE. He was the MAHANTA, the LIVING ECK MASTER in ancient Persia.

Shariyat-Ki-Sugmad *SHAH-ree-aht-kee-SOOG-mahd* The sacred scriptures of ECKANKAR. The scriptures are comprised of twelve volumes in the spiritual worlds. The first two were transcribed from the inner PLANES by PAUL TWITCHELL, modern-day founder of ECKANKAR.

Soul. The True Self, an individual, eternal spark of God. The inner, most sacred part of each person. Soul can see, know, and perceive all things. It is the creative center of Its own world.

Soul Travel The expansion of consciousness. The ability of SOUL to transcend the physical body and travel into the spiritual worlds of God. Soul Travel is taught only by the LIVING ECK MASTER. It helps people unfold spiritually and can provide proof of the existence of God and life after death.

Sound and Light of ECK The Holy Spirit. The two aspects through which God appears in the lower worlds. People can experience them by looking and listening

within themselves and through SOUL TRAVEL.

Spiritual Exercises of ECK Daily practices for direct, personal experience with the Sound Current. Creative techniques using contemplation and the singing of sacred words to bring the higher awareness of SOUL into daily life.

Sri SREE A title of spiritual respect, similar to reverend or pastor, used for those who have attained the Kingdom of God. In ECKANKAR, it is reserved for the MAHANTA, the LIVING ECK MASTER.

SUGMAD SOOG-mahd A sacred name for God. It is the source of all life, neither male nor female, the Ocean of Love and Mercy.

Temples of Golden Wisdom These Golden Wisdom Temples are spiritual temples which exist on the various PLANES—from the Physical to the Anami Lok; CHELAS of ECKANKAR are taken to the temples in the SOUL body to be educated in the divine knowledge; the different sections of the SHARIYAT-KI-SUGMAD, the sacred teachings of ECK, are kept at these temples.

Towart Managi The ECK MASTER in charge of the SHARIYAT-KI-SUGMAD in the TEMPLE OF GOLDEN WISDOM on the Mental PLANE. He was the MAHANTA, the LIVING ECK MASTER in ancient Abyssinia (now Ethiopia).

Wah Z WAH zee The spiritual name of SRI HAROLD KLEMP. It means the secret doctrine. It is his name in the spiritual worlds.

Yaubl Sacabi Guardian of the SHARIYAT-KI-SUGMAD in the spiritual city of Agam Des. He was the MAHANTA, the LIVING ECK MASTER in ancient Greece.

For more explanations of ECKANKAR terms, see *ECKopedia: The ECKANKAR Lexicon*, by Harold Klemp.



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