ECKANKAR

Soul Adventure

MAGAZINE

Vol. 1, No. 1

Miraculous Coincidences

page 4

for you...

Explore

- Divine coincidences
- The most secret part of yourself
- ECK art adventures
- How attitudes create your world
- How to surprise your heart!
- And more!

ECKANKAR

Soul Adventure MAGAZINE

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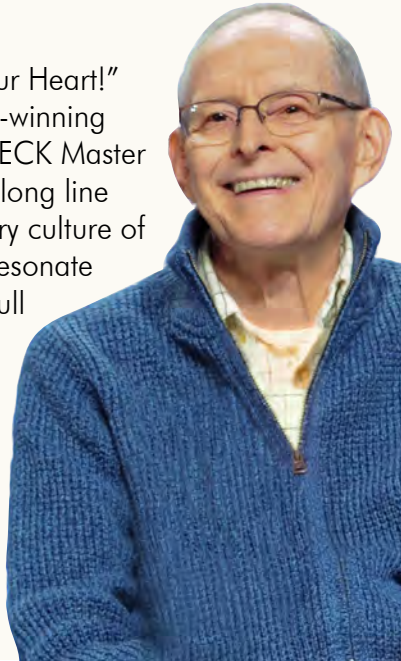
Surprise Your Heart!

SRI HAROLD KLEMP

AN OASIS OF RELIEF FROM STRESS, "Surprise Your Heart!" is an article from spiritual guide, teacher, and award-winning author Sri Harold Klemp. As the MAHANTA, the Living ECK Master and spiritual leader of Eckankar, he is the latest in a long line of Adepts who have served throughout history in every culture of the world. Relevant to today's needs, his messages resonate with every generation and can help you reach your full spiritual potential.

The miraculous, true-life stories he shares lift the veil between heaven and earth.

Find your own path to true happiness, wisdom, and love in Sri Harold Klemp's inspired writings.



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ECKANKAR
Soul Adventure
MAGAZINE

Who Are We, and Why Are We Here?

HOW MANY HAVE BEEN SPURRED on their spiritual journey by these questions! Well, the same questions might be raised about the purpose of this publication.

First off, we don't presume to provide answers out of hand. Rather, we offer techniques and inspiration to help you find your own authentic answers.

Truth lives in the heart.

Many thousands of people all over the world, from every walk of life, find these techniques and unique perspectives life-charging and life-changing.

Four times a year, we share new adventures of divine miracles, amazing spiritual artwork, keys to raising your spiritual IQ, and techniques to consciously connect with the God Current. Stay tuned!

"No Charge"

A STORY OF DIVINE COINCIDENCE

FRANKIE LACKEY

ONE SUMMER MORNING, I turned the key to start my car, and nothing happened. No sounds, no lights—nothing at all. The engine appeared dead.

I checked under the hood for obvious mechanical problems but found none. I called a friend who owned an auto-repair shop. He told me that in some vehicles, the master fuse controlled all the electronics in the car. Perhaps I needed a new fuse.

I lived in a rural area in the mountains, twenty miles from the auto-parts store.

But I decided it was worth the trip to drive my other car to town to buy the master fuse. When I arrived at the store, I explained my situation to the man behind the counter. He left for a few moments and then returned with a long, round fuse.

As I reached for my wallet, he held up his hand and said, "No charge."

Seeing my confusion, he explained that this fuse had been in the back room for a long time, collecting dust. He was happy to see it go. Although this seemed a little strange, I thanked him for his gift and left.

When I got home, I tried to start my car again. No go. I looked for a place to put the new fuse, but there didn't seem to be a spot for it.

I gave up, put the fuse in my pocket, and called my friend again. He agreed to come out in the late afternoon and tow my car back to his shop.

I inwardly heard an inner voice say, "Go start the car."

But later that day, before he arrived, I inwardly heard an inner voice say, "Go start the car."

So I did.

The car started immediately. Surprised, I turned it off and restarted it. It ran fine. So, to be sure the car was working properly, I took it for a test drive.

A short distance from home, I noticed a car parked on the side of the road with its hood raised. I stopped to see what the trouble was.

An old man stepped cautiously from behind the car. He'd been stranded for hours.

As I approached, an old man stepped cautiously from behind the car. It was clear he didn't know what kind of person he might encounter out here in the rural part of the mountains, far away from the eyes of the law.

I greeted him with a smile, and relief spread across his face.

He explained that he got lost and then the car had broken down. He'd been stranded for many hours, and not one person had driven by. Now the afternoon was giving way to nightfall, and he didn't know what to do.

"May I take a look at the car?" I asked. He agreed.

Looking under the hood, my eyes fell upon a small metal box holding a long, round fuse. It matched the fuse I'd been given earlier at the auto-parts store. I removed the old fuse and replaced it with the new one.

"Try it now," I said.

The engine started immediately. The old man was speechless for a few moments. After a while, he reached for his wallet and managed to ask, "How much do I owe you?"

I held up my hand and said, "No charge."

Surprised, the man asked, "But how did you have the part?"

I said, "It was a gift to me, and now it is a gift to you." Then I gave him directions to the city and left.

Driving home, I felt overwhelming gratitude to the ECK, the Life Force, for allowing me to be a divine channel of service for this man. A miraculous gift of love for both of us. And by the way, I've never had a problem starting that car again. ❖

"Divine Spirit has a way of doing exactly what is right for everyone concerned at the moment.

The Language of Soul

Soul Adventure Essentials

LIFE IS A SOUL ADVENTURE!

AN AMAZING JOURNEY OF SELF-DISCOVERY AND GOD-DISCOVERY. Nothing escapes the eye of Soul. Everything that happens to us counts as spiritual experience.

You are Soul, an eternal, unique spark of God. Soul is learning to love as God loves. You—Soul—exist because God loves you.

Eckankar offers creative spiritual practices to let you see beyond the surface of daily events and live to your highest potential.

Welcome to the adventure of a lifetime!

EXPERIENCE HU, THE SOUND OF SOUL

A divine sound courses through all life—through every blade of grass, every galaxy, every atom of our bodies. HU is an ancient, sacred name for God—a carrier of love between God and Soul. When sung or chanted with an open heart, HU opens the lines of communication to the most sacred part of yourself.

HU acts as a sacred tuning fork, aligning Soul with higher states of love, creativity, wisdom, and awareness. It is the clear Voice of God, with the power to transform the lead of human consciousness into the gold of an enlightened Soul.

Find your own proof of the love and power of HU.

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.

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 we do when we do a Spiritual Exercise of ECK.

ECK Wisdom on Solving Problems

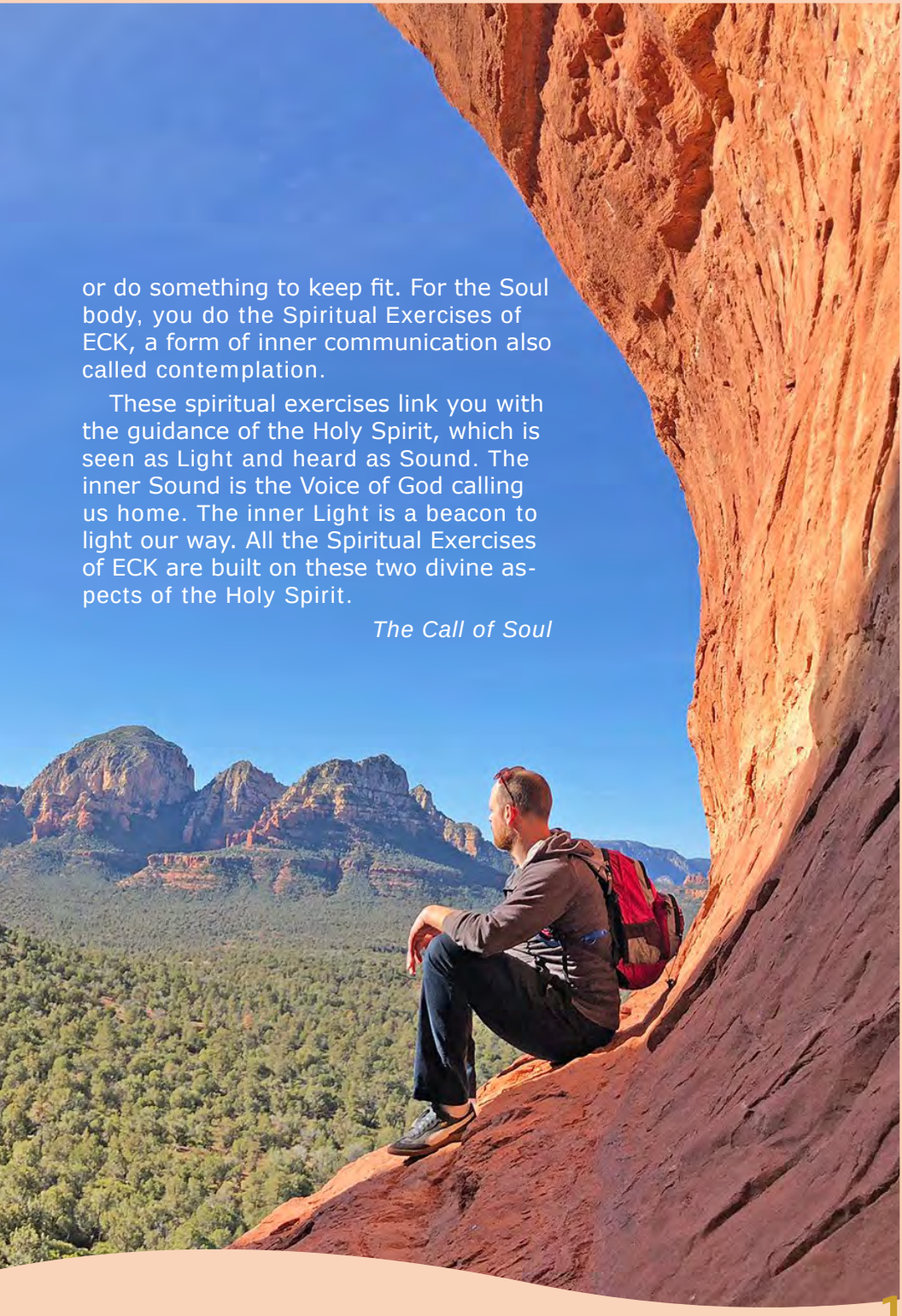
The Most Secret Part of Yourself

YOU CAN GET TO THE MOST SECRET PART OF YOURSELF through contemplation, through the Spiritual Exercises of ECK.

Contemplation is a conversation with the most secret, most genuine, and most mysterious part of yourself.

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.

The spiritual exercises 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.

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.

The Call of Soul

Surprise Your Heart!

By Sri Harold Klemp

PEOPLE WHO GIVE TO OTHERS find that they have better health and enjoy a happier life than those who have yet to learn the blessings of giving of themselves. And the giving is usually better when no one knows you've done it. You have the quiet satisfaction of knowing that you have acted as a channel for God. No one knows except God—and God knows.

One Small Thing for Love

I got a letter from a woman who was pretty fed up with the way things were going. Life had caught up with her, sat on her, then stomped her down. She just didn't know what to do. "Harold, tell it to me straight," she wrote. "What do I need to do?"

There might be a hundred different problems in the person's life. Instead of wondering which one to tackle first, I ignore the problems. I try to show them the way of divine love.

Love cuts through all this stuff. I mean this sincerely. Love is the shortcut to heaven.

Responding to the woman's letter, I simply wrote, "Do one small thing for someone else each day. Do it for love and love alone, and expect nothing at all in return."

Do one small thing for someone else each day.

The letter opened the love inside of her, and she very much wanted to share it. So she called a friend for an outing to the mall.

The friend had made other plans already, so the woman went to the mall alone and treated herself to a milkshake. Still needing to outflow, she went outside and sat by the fountain in the courtyard. There were birds everywhere. *How nice it would be if I had some bread to feed them*, she thought.

You Asked for Bread?

Just like that, from out of the sky came this chunk of bread. It hit her on the shoulder and fell to the ground in front of her. "Heaven does provide," she laughed. She couldn't imagine where the bread had come from, but she accepted it. Picking it up, she broke it into little pieces and fed it to the birds.

Divine Spirit was showing her a way to do one small thing each day for love and love alone, with no expectation of reward.

See Change in Your Life

This can be practiced by a Christian, a Buddhist, a Muslim, an ECKist, or anyone else. No matter what religion or faith you observe, you are doing something for one of God's creatures.

This spiritual exercise will help you begin to find the happiness and satisfaction that so many are missing today. So do a little deed of some kind for others, and you will begin to see a change in your life.

You are going to find that life gives you more and more. You will become a happier, more fulfilled human being. ❖

Q&A
Attitudes Create Your World

As spiritual leader of Eckankar, Sri Harold Klemp receives thousands of letters from truth seekers around the world. All want direct and useful answers about how to travel the road to God. He replies personally to many of these letters.

Here are two questions he was asked—one about reincarnation, another about dreams. Read on for clues you can use in your own Soul Adventure.

Q *Why don't troubles go away once we ask for spiritual help?*

A Much of the trouble we have in life is a result of some long-standing negative attitude. It has created these situations. Soul gains experience as It works through these rough spots on the road.

Soul wants to know what It is.

Some of our troubles will be dispelled by Divine Spirit while others are not. They are part of the divine plan for Soul to gain the purification or change in consciousness so It can know what It is. It needs to know why It has reincarnated into today's family and business environment.

Many people do not understand that life, with its burdens, is a treasure. The weight of disappointment makes us close our eyes to the gift of being in the world to learn about the loving heart.

ECK Wisdom on Solving Problems

Q *In my dreams, I am often with friends from the past whom I no longer see in the physical. These people had a big influence in my life at one time, but why are they in my dreams so often today?*

A Your question deals with the very broad sweep of reincarnation. The family you live with today is only a small part of the extended family from your past.

Each person's past link with other people in this life is more like being a member of a far-flung clan, which goes well beyond the close members of today's family. So in this life, other members of your extended family come as schoolmates, childhood friends, teachers, and the like.

They remain in your dreams because they are a very real part of your world. For this lifetime, though, they have chosen a different mission and lifestyle, so you go along your separate paths.

But your inner bond spans time.

They remain in your dreams because they are a very real part of your world.

Adapted from *A Modern Prophet Answers Your Key Questions about Life,* Book 1

Be Cause

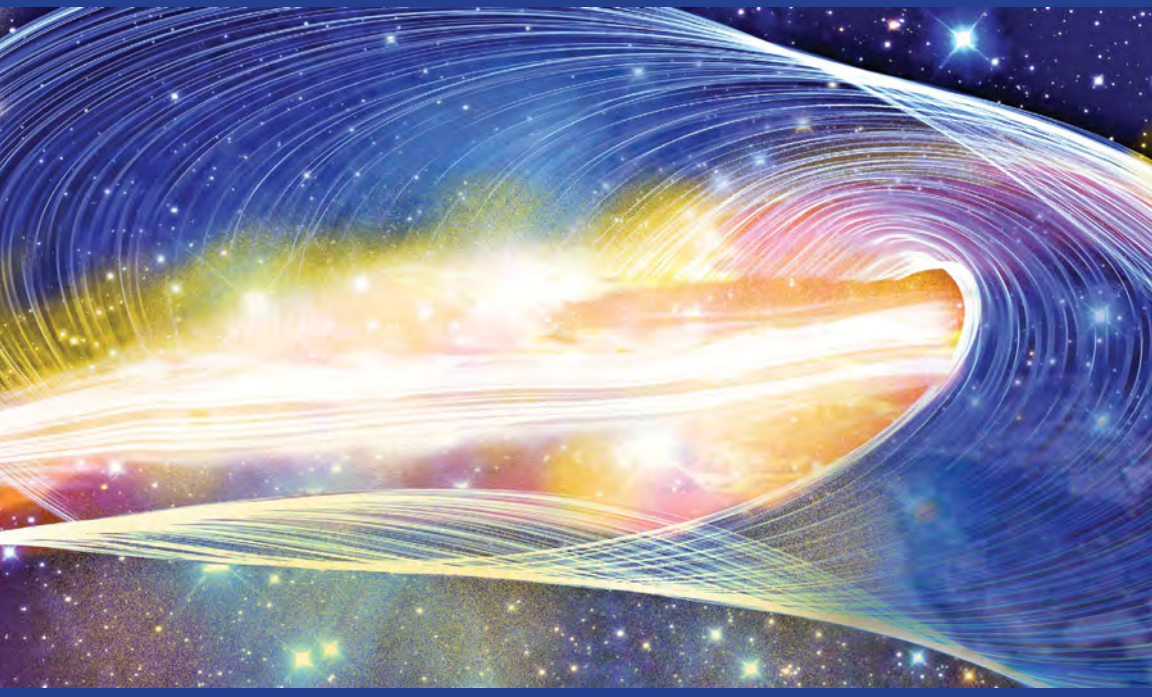
EVERYTHING WE HAVE TODAY—from our preference in clothing to our position in the family where we happened to reincarnate—is a result of our attitudes as they have formed over the centuries. So what we try to do is spiritualize our consciousness, and we do it by working with the creative imagination.

To develop this creative imagination, work with the Spiritual Exercises of ECK. Experiment freely. What you're looking for is to have experience with the Sound and the Light, where you will have adventures in the other worlds.

Adapted from *How to Find God*

← →

Light and Sound Waves



ARTWORK BY MARIANNE KENYON

The water of life is actually the ECK, which is the Light and Sound of God. As you drink of It, visualize the Light and Sound rushing through your being. Know that once you drink of this, you will never be the same.

The Spiritual Exercises of ECK

AFTER AN ECK SEMINAR, I VISITED THE TEMPLE OF ECK. While I was there, I had an inner conversation with Z (the spiritual name of Sri Harold Klemp) and the ECK Masters known as the Nine Silent Ones.

They said great changes are coming for me and for the whole world. However, when I asked if I could know more about it, they told me to let it go; I would know more when it happened.

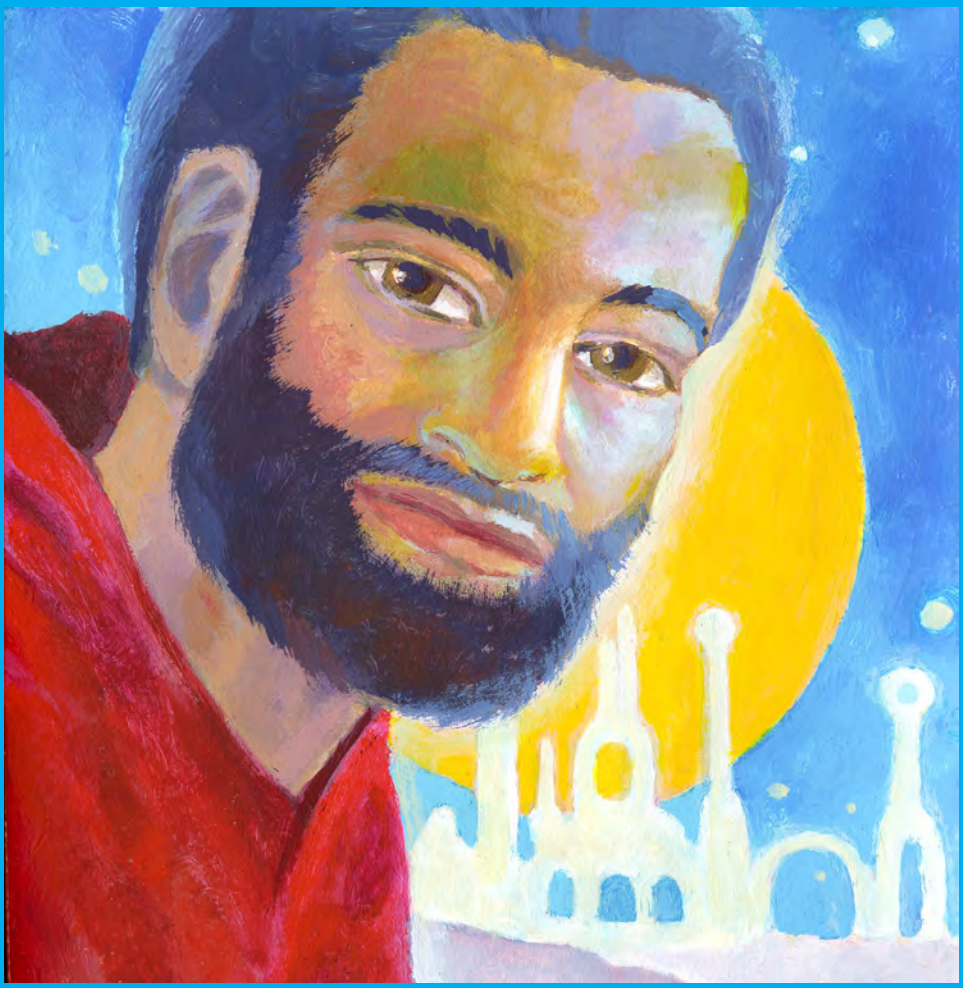
I thought a lot about it. What changes would come to me and to the entire world? Soon an image came inwardly: a radiant, sparkling, beautiful flow of Light and Sound, with all Its love and with the great possibility for a new consciousness, ready to touch the whole world and me too!

The resistance of the old consciousness would be stirred up in the process, brought to the surface, shattered, and then washed away as if by a great tidal wave. I have transferred this inner image into a picture.

Z once said to me, "Just as the clouds keep giving way to the hidden sun, the shadows of the world finally make room, and the light of love and knowledge shines as radiantly as a new sun."

MARIANNE KENYON

Meeting Rebazar Tarzs



ARTWORK BY MAGDALENA JURKOWSKA

"The ECK Masters help the Mahanta, the Living ECK Master spiritually uplift all people. A special feature about Rebazar is his eyes. They seem to see and know all. Full of compassion and mercy, these all-seeing eyes serve both as a mirror for Soul and a microscope to examine the universe.

Adapted from *Those Wonderful ECK Masters*

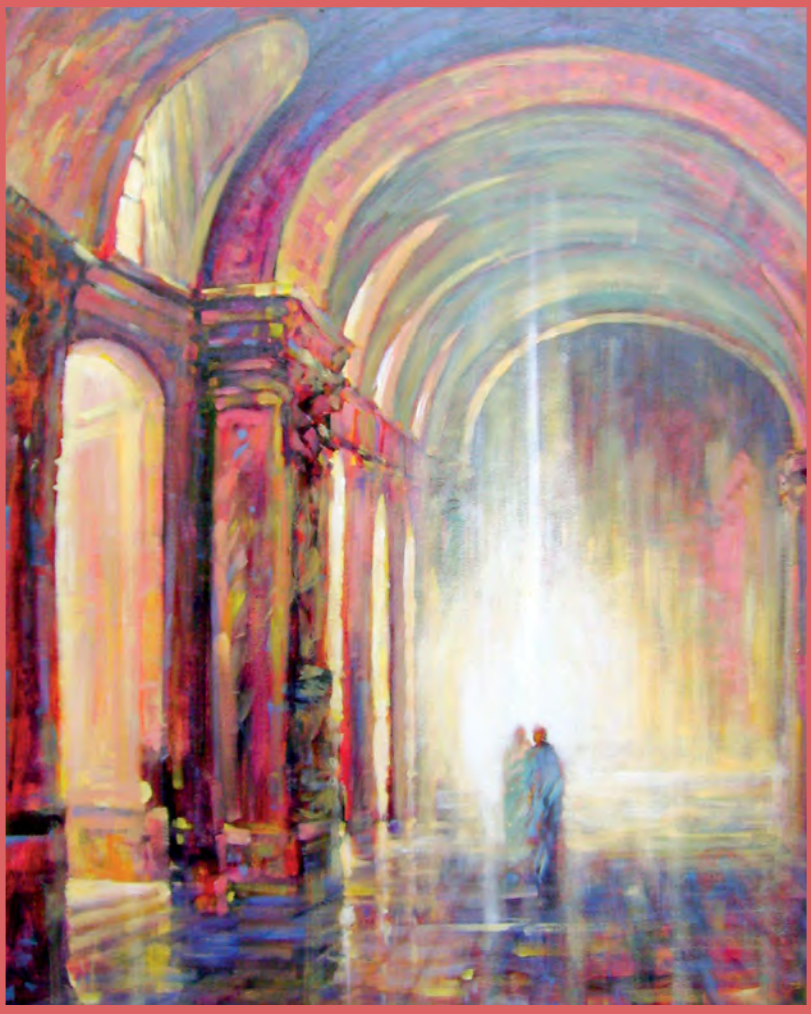
I VERY MUCH LOVE the ECK Master Rebazar Tarzs, and I often meet him in my dreams.

When I painted this picture I was experiencing Rebazar's presence and help in my journeys to the distant, inner, never-before-seen planes. The strength and love I felt was immense. He treated me like an old friend and was very kind. Rebazar led me to this place on an inner plane. I remember going through an open field and entering a purple spiritual temple with him.

It's a blessing that I can remember many of my spiritual travels, which I put down daily in an illustrated dream book. I love sharing ECK through my art.

MAGDALENA JURKOWSKA

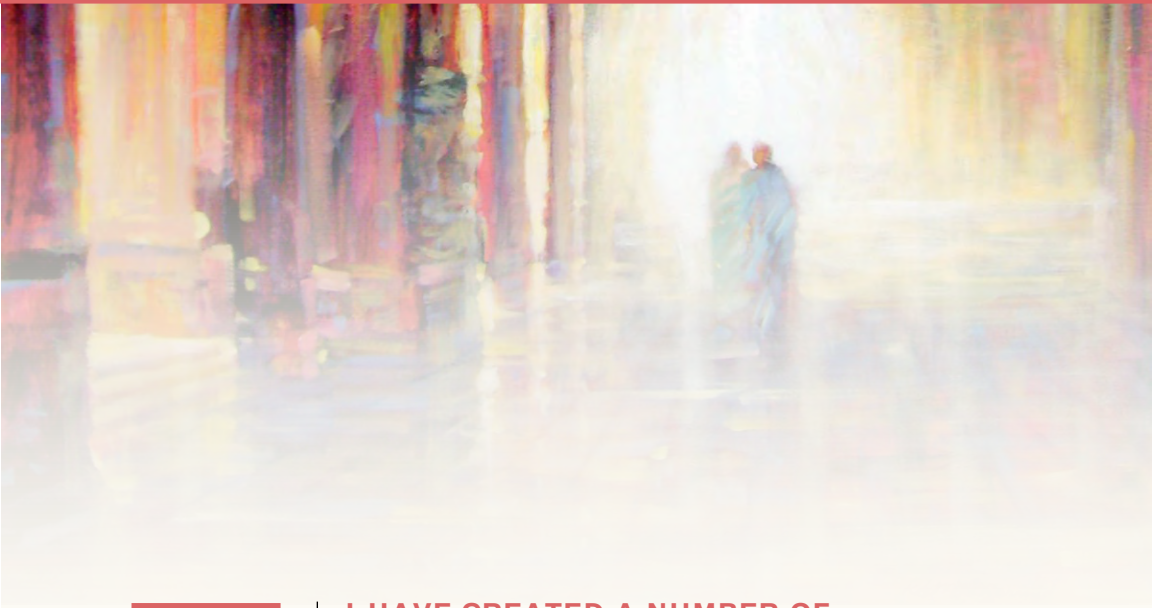
The Blessing



ARTWORK BY RICK MCDIARMID

“After one’s initial meeting with the Mahanta, the Master often uses the dream state to prepare an individual for receiving the divine Light and Sound of God.

Those Wonderful ECK Masters



I HAVE CREATED A NUMBER OF VERSIONS of this painting of the meeting with the Master. As I work on something like this, I ask the Mahanta to guide me in expressing the ECK. I know that in the creative process there is a flow of spiritual energy. I liken it to a vortex, drawing inward to a single point. Once the painting is complete, I would hope that flow reverses and moves outward to touch the viewer in whatever way is right for them.

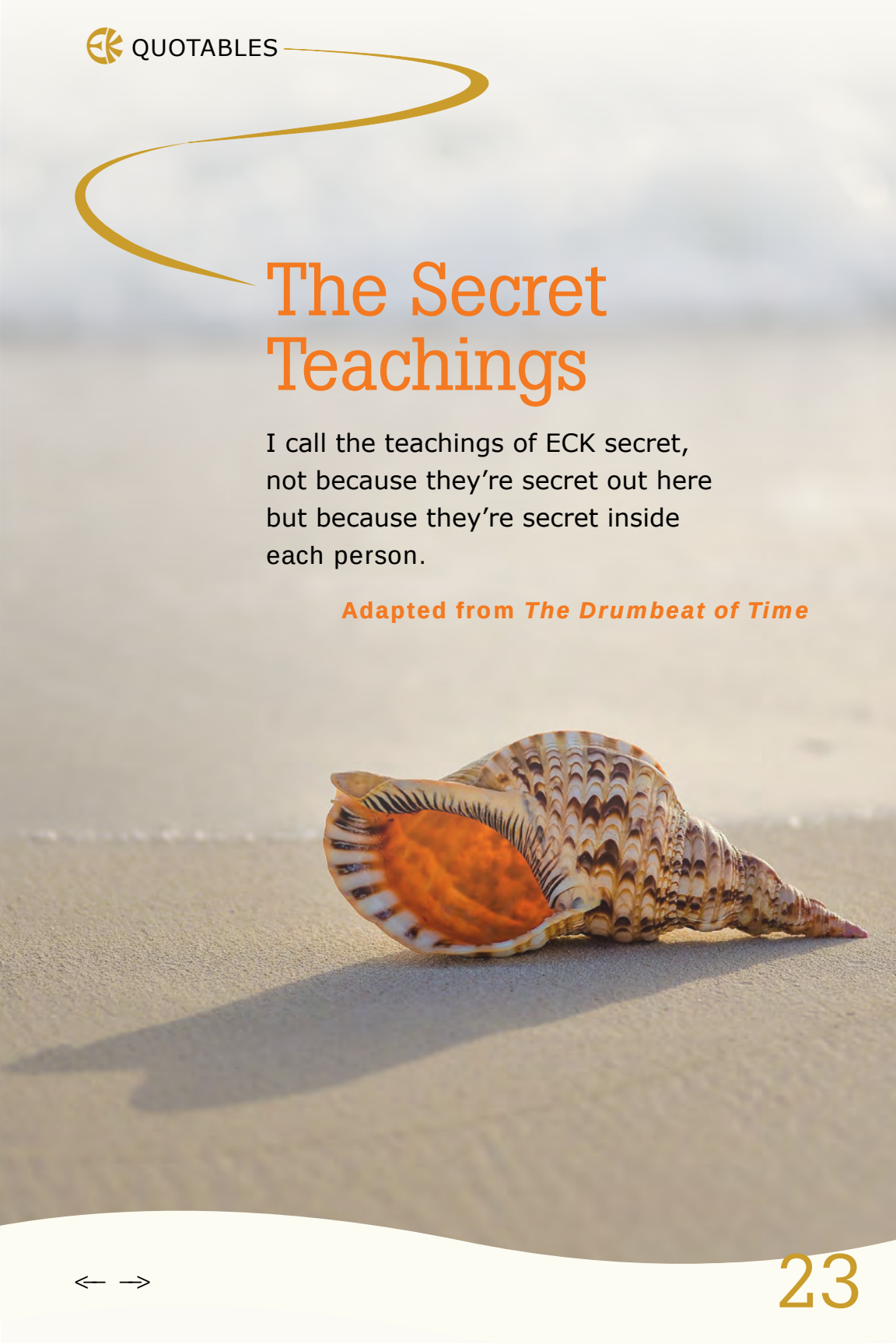
I find joy in this creative endeavor, and I am grateful to work on images for ECK, as it is always an amazing spiritual exercise!

RICK MCDIARMID

The Secret Teachings

I call the teachings of ECK secret, not because they're secret out here but because they're secret inside each person.

Adapted from *The Drumbeat of Time*



The Golden Cup

EVERY EVENING AT BEDTIME, VISUALIZE A GOLDEN CUP to be filled with your dream experiences. The cup sits by your bed. When you awake in the morning, in contemplation or in your imagination, drink from the cup. You are drinking in the experiences, a conscious way of saying, I want to remember what I'm doing on the inner planes while my body is asleep.

The golden cup is Soul; it is you. As you put more attention on drinking from the cup, it takes on a life of its own. The more the ECK flows in and out of the cup, the more Soul shines of Its own golden light. You, as Soul, become an ever brighter vehicle for the Holy Spirit.

The experiences you have will lead to greater awareness of your life and its divine meaning.

The Spiritual Exercises of ECK

What's Different about Eckankar?

IS ECKANKAR A RELIGION, TEACHING, PATH, OR PHILOSOPHY?

All of these descriptions are applicable, yet members most frequently describe Eckankar as a spiritual teaching or path.

Eckankar is based on direct personal experience and transcends philosophy and orthodox religion. It gives practical ways for people to have real spiritual experiences—even the ultimate experience of God—in this very lifetime. Soul is able to discover and become the path of truth itself.

WHAT ARE THE BASIC BELIEFS OF ECKANKAR?

Eckankar teaches these basic beliefs:

- Soul is eternal.
- Soul maintains Its individuality throughout eternity.
- Soul exists because God loves It.
- Soul is on a journey of Self-Realization and God-Realization.
- Soul unfolds spiritually via karma and reincarnation until It reaches the heights of Self-Realization.
- Spiritual unfoldment is accelerated through conscious contact with the ECK, Divine Spirit.
- Direct contact with Divine Spirit can be made via the Spiritual Exercises of ECK and the guidance of the Mahanta, the Living ECK Master.
- You can actively explore the spiritual worlds through Soul Travel, dreams, and other spiritual techniques.
- Spiritual experience and liberation in this lifetime are available to all.

ECKANKAR
The Path of Spiritual Freedom

WANT TO KNOW MORE?

You Are Invited to Attend!

ALL ECKANKAR SEMINARS ARE OPPORTUNITIES for you to join with other spiritual seekers and students of Eckankar.

For one to three days, you'll enjoy workshops, small group discussions, creative arts, programs for youth and families, and inspiring speakers.

Every year Eckankar hosts a major in-person ECK Soul Adventure seminar in Minneapolis, Minnesota, attended by thousands from around the globe. Sri Harold Klemp is the featured speaker at these events.

There are also Eckankar events happening around the world. To see what's available in your local area, **check it out now**.

ECKANKAR

Soul Adventure Events

Experience More!

Advanced Spiritual Living Courses

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

Link Up

Subscribe for Free

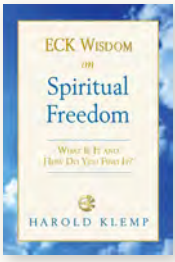
The *Eckankar Soul Adventure Magazine* is published quarterly. Click the link above, and you won't miss a single issue.

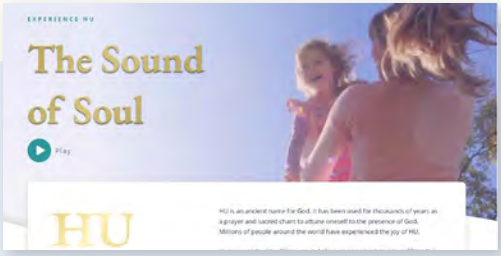
Visit Eckankar.org

Eckankar's website offers many more ways to enhance your Soul adventure.

Free Book

What if you were handed the key to unlimited creativity, unlocking the secret of who you really are and what life is all about? Click the link above, or look for the special gift at the end of this issue.





Hear the Gift of HU

Sacred sound. Ancient mantra. Experience the life-changing, life-affirming power of HU, the Sound of Soul, in your life.
GiftofHU.org

Listen to an Eckankar Soul Adventure Podcast

Join us for dynamic heart-to-heart conversations on spiritual topics that will help you uncover the truth within your own heart.

Hear real-life stories, and discover creative spiritual practices you can try at home. Make your life a real Soul adventure!

Follow Eckankar on Social Media

You can connect with Eckankar on your favorite platform—**Facebook**, **Instagram**, **YouTube**, or **Twitter**.

Explore Advanced Spiritual Living

This ever-expanding adventure can bring personal transformation from the moment you begin. Includes monthly self-discovery courses from the Living ECK Master. Explore advanced spiritual techniques, profound steps of enlightenment, and the option to be part of a community of like-hearted people who respect spiritual freedom and love truth.

Attend an Eckankar Event

Connect with other spiritual seekers and students of Eckankar in your local area or at the annual ECK Soul Adventure Seminar in Minneapolis, MN, where Harold Klemp is the featured speaker. Events include workshops, discussions, creative arts, youth-and-family programs, and other inspiring speakers.

Call 1-800-LOVE GOD (1-800-568-3463, toll-free, automated) or (952) 380-2200 (direct)

Write

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Chanhassen, MN 55317-2000 USA

Resources

By Sri Harold Klemp

The Call of Soul

Discover how to find spiritual freedom in this lifetime.

ECK Wisdom on Solving Problems

Why is this happening, and how can I fix it?

How to Find God

Discover the secrets of how God speaks to us.

HU—Your Key to Spiritual Living (free PDF)

Sacred sound, ancient mantra

The Spiritual Exercises of ECK

Your doorway to wisdom, freedom, and love

Spiritual Stress Relief (free PDF)

Techniques to survive and thrive

Those Wonderful ECK Masters

Spiritual guides people have looked to since the beginning of time—for guidance, protection, and divine love.

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Art by Marianne Kenyon (pages 2, 17–18), Magdalena Jurkowska (pages 2, 19–20), Rick McDiarmid (pages 2, 21–22), and Diane Sterling (pages 7–9).

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Glossary of ECK Terms

Blue Light How the MAHANTA often appears in the inner worlds to the chela or seeker.

chela A spiritual student, often a member of Eckankar.

ECK The Life Force, 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.

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.

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 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.

planes Levels of existence, such as the Physical, Astral, Causal, Mental, Etheric, and Soul Planes.

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 God Current. Creative techniques using contemplation and the singing of sacred words to bring the higher awareness of Soul into daily life.

Sri 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.

Coming Next Issue

- A thought-provoking story about a hospice worker's spiritual service
- A testimonial to the reality of life after death
- A spiritual exercise to have your own experience with the Light of God
- Plus so much more!

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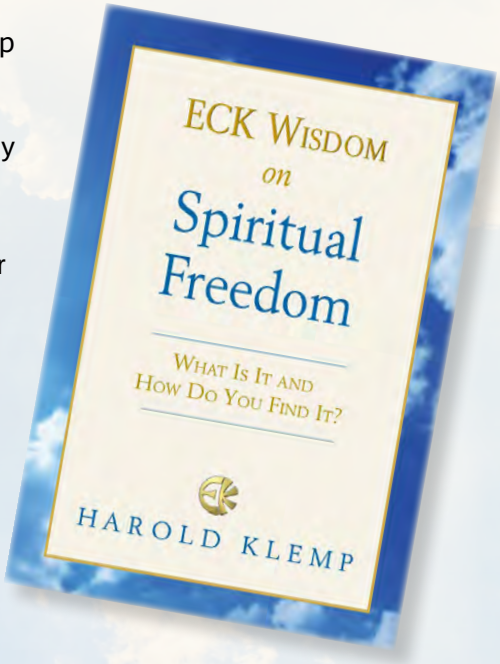

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